

## **FitStop Class Description (2025/26) FALL/WINTER SCHEDULE**

Please note: all instructors will encourage you to move at your own pace and to listen to your body.

If people ask you about the sign ups for classes, refer them to the CUP FB page and it is



pinned at the top of the page. Or the fitstop app: [sside.ca/FitStopApp](https://sside.ca/FitStopApp) /QR code:

Name	Instructor	Description	Day	Time
Active Recovery	Tracy	A combination of weight training and stretching. After each block of training, we stretch that specific muscle group.	Fridays	11:15 AM  45 minutes
Bootcamp	Tracy	We work with many styles and techniques such as strength training to bodyweight; resistance to cardio; circuit style to intense repetition.	Mondays, Wednesdays, Fridays  Mondays	9 AM 11:15am (Wed) 45 minutes  5pm
20 min. Lunch crunch	Tracy	Short on time? Come to this 20 min super effective, hard-hitting, get your work in and leave workout!	Tuesdays and Thursdays	12:15-12:35pm  20 minutes
HIIT	Karla	Wanna sweat? Come to this class. Circuit style strength and cardio training, many times taking advantage of the barbells and plates.	Alternating Tuesdays and Wednesdays  Every other Saturday	4:30pm  50 minutes to 1 hour  10am
Intermediate	Susan	Pilates	Fridays	10 AM

Pilates		integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels.		45 minutes  (Susan is away for December until mid-January)
Sunrise Circuit (Early Morning)	Glenda	Early morning workout. Circuit style. Incorporates different equipment from around the gym.	Tues, Thurs, and Fridays  Saturdays	6:15am  45 minutes  8am
Yoga	Greg	Re-energize yourself with some midday yoga. This is an introductory style of yoga and is suitable for all skill levels.	Tuesdays	1:30 PM 1 hour