

Fall Fitness Session Class Schedule

MON	TUES	WED	THURS	FRI
MORNING CLASSES				
	6:10 – 6:55am Fast 45 Oct 19 – Nov 30	6:10 – 7:00am Weigh to Spin Oct 20 – Nov 24	6:10 – 7:10am Sunrise Salutations Yoga Sept 16 – Nov 25 *No class Sept 30 & Nov 11	
LUNCH CLASSES				
12:10 – 12:50pm Spin Out Oct 18 – Nov 29	12:10 – 12:50pm Cardio Re-Set! Oct 19 – Nov 30		12:10 - 12:50pm Lean & Mean Oct 21 – Nov 25 *No class Nov 11	12:10 - 12:50pm Body Burn Circuit Sept 17 – Nov 26
AFTERNOON & EVENING CLASSES				
5:00 – 5:50pm Stronger Together Bootcamp Sept 20 – Nov 29 *No class Oct 11	5:00 – 6:00pm Body Blast Sept 14 – Nov 30			1:00 – 2:00pm Senior Friendly Movement & Functionality Sept 17 – Nov 26
6:00 – 6:45pm Butts & Guts Sept 20 – Nov 29 *No class Oct 11	6:15 – 7:15pm Hatha Rebalance Yoga Sept 14 – Nov 30			
Please see the back of the schedule for class descriptions.				

All classes are included with your membership or daily admission!

For More Information:
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 Fitness Coordinator
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 780-361-4444
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Classes are designed for all fitness levels!
 Class schedule subject to change based on facility and instructor availability.
 Call 780-361-4444 to confirm.

No classes on Stat Holidays

Fall Fitness Class Descriptions September - November

Body Blast

Total body circuit training blending both strength and cardio activity, giving you a full body burn. This class is great if you're new to exercise!

Body Burn Circuit

It's the end of the week let us help you get ready for the weekend with this 40 minute quick paced circuit class that uses weights and cardio for every major muscle group creating the perfect total body conditioning class.

Cardio Re-Set!

Want a spectacular body but don't want to spend hours in the gym? This 40 minute low impact cardio class will tone your body and kick start your metabolism!

Fast 45

You're a busy person- work, life, kids... HIIT the gym first thing in the morning to make sure you get your workout in. This 45 minute High Intensity Interval Training class is for you if you want a good cardio and strength workout without spending hours in the gym.

Butts & Guts

Get ready to work those glutes and core! Together we'll activate the core and booty in this class with strength building, stability and power exercises designed to shape the glutes and strengthen the mid section.

Hatha Rebalance Yoga

Want a yoga class that includes strengthening of muscles, joints and work to increase flexibility? This is the class for you! Together we will work on reducing muscle pain & soreness, as well as release tension while getting a great stability & core workout in.

Lean & Mean

Lean & Mean is a fast paced workout using weights, body weight and mats giving you a mix of strength and aerobic exercises to tone you up, and lean you out.

Seniors Friendly Movement & Functionality

This class will work within major joints range of motions and strengthen the body for daily actions such as lifting, sitting & walking. Class will include a thorough warm up with major joint articulation with a deep stretch at the end to help leave you feeling strong, stable & flexible.

Spin Out

Take a power lunch at the Manluk Centre with this 40 minute cardio cycle class sure to burn calories.

Stronger Together Bootcamp

This full body workout will have you burning tons of calories, even after the workout is over. Classes are filled with a variety of movements that use bodyweight and equipment to increase our strength and cardio. This class is perfect for all fitness levels so let's get stronger together!

Sun Salutations Yoga

Awaken your morning with sun salutations. Open the lower back, hips & mind by starting your day on the mat. Sun Salutations will reverse our daily actions by opening the chest and stretching the hamstrings, leaving you feeling invigorated and ready to take on the day.

Weigh to Spin

Get your cardio in with a dash of weights that is bound to help you tone and make you sweat.

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