










FUNCTIONAL FITNESS

GROUP TRAINING SCHEDULE (as of January 1st, 2017)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	 (60 mins)		 (60 mins)		 (60 mins)		
7:15 AM							
10:00 AM	 (45 mins)	 (45 mins)		 (45 mins)	 (45 mins)		
10:45 AM							
12:15 PM		 (30 mins)		 (30 mins)			
12:45 PM							

Class Descriptions:



Half physical conditioning - exploring our body's natural potential for movement - running, jumping, lifting, carrying, pushing, pulling, twisting and turning; half yoga focusing on breath and body alignment to help support both the strength and flexibility of the body.



(Total Body Conditioning) - after a thorough warm-up, we'll target the entire body with these "quick-and-dirty" workouts.



Foam rollers, lacrosse balls, mobility exercises and stretching will leave you feeling like a million bucks. This 30-minute lunchtime class looks at un-func'ing dysfunctional movement patterns and restrictions in mobility.



www.functionalfitness.ca

Movement Is Medicine