



## Online Sign-up

No more line ups! Members are now able to sign-up for their favourite classes through our website.

Visit [www.fifthavenueclub.ca](http://www.fifthavenueclub.ca) or ask our staff for details.

## Great New Classes!

To add that extra cardio session to your week, check our Amanda's new class **Plyo & Power!**

**TRX/Kettlebell Fusion** is a new strength training class using new equipment with our very own, Rae!

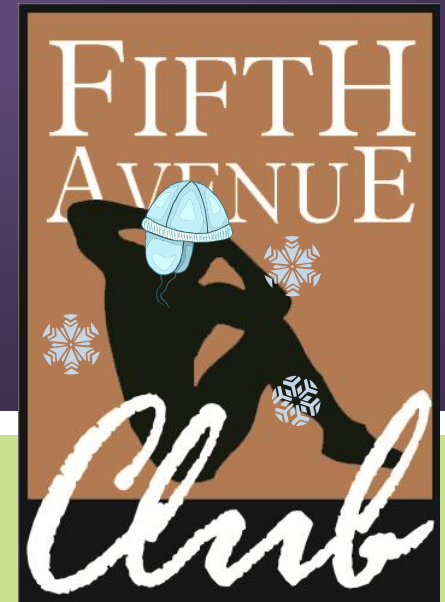
We are introducing **Yoga Flow II** for those who are ready to take their practice to the next level with our favourite Yogini, Vanessa, and **Yoga Stretch** for the perfect post-work workout.

# Fifth Avenue Club

## Class Schedule

2<sup>nd</sup> Floor, 715-5<sup>th</sup> Avenue SW  
Calgary, Alberta T2P 2X6  
403-543-4747

[info@fifthavenueclub.ca](mailto:info@fifthavenueclub.ca)  
[www.fifthavenueclub.ca](http://www.fifthavenueclub.ca)



# Winter 2012

# January - April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Yoga Flow</b> 7:05 – 7:50am Feb 7 – April 24			
<b>All About Abs*</b> 11:30 – 12:12 Jan 9 – April 30		<b>HardCORE*</b> 11:30 – 12:00 Jan 4 – April 25	<b>Yoga Flow II</b> 11:30 – 12:12 Jan 26 – April 26	
<b>Drop-In Spin*</b> 12:15 – 1:00 Jan 9 – April 30	<b>Power Pump*</b> 12:15 – 1:00 Jan 3 – April 24	<b>Buttkick Boot Camp</b> 12:15 – 1:00 Jan 25 – April 11	<b>Power Cardio*</b> 12:15 – 1:00 Jan 5 – April 26	<b>Trim &amp; Spin*</b> 12:15 – 1:00 Jan 6 – April 27
	<b>Plyo &amp; Power</b> 5:00 – 5:50 Jan 24 – April 24	<b>Drop-In Spin*</b> 5:00 – 5:50 Jan 4 – April 25		

## CLASS DESCRIPTIONS

**All About Abs** FREE / Weekly

*Rae*

A series of ab exercises to get that target area looking & feeling the way you want.

**Buttkick Boot Camp** \$ 104 / 12 Sessions

*Vanessa S.*

A challenging circuit-style training class to shape you up and tire you out. Find out how hard your body can go!

**Drop-In Spin** \$ 10 / Drop-In

*Rae*

Sweat it out to great tunes in this aerobic, calorie-burning cycling class.

**HardCORE** FREE / Weekly

*Amanda*

A new favourite for core-enthusiasts that will add an intense half-hour power session for the perfect ab-solution!

**Plyo & Power NEW!** \$ 109 / 14 Sessions

*Amanda*

This class will get your heart rate up, muscles burning and challenge you all different ways...are you ready?

**Power Cardio** FREE / Weekly

*Amanda*

A cardio class sure to get your heart rate up and muscles burning using primarily your own body weight!

**Power Pump** FREE / Weekly

*Vanessa S.*

Train at your max with all the muscle-pumping action you can take and enhance your athletic performance.

**Trim & Spin** FREE / Weekly

*Rae*

A mixture of weights and short sprints to tone & tire you!

**Yoga Flow** \$ 96 / 12 Sessions

*Vanessa S.*

Vanessa will take you through a series of postures to build endurance, reduce stress and energize you.

**Yoga Flow II NEW!** \$ 112 / 14 Sessions

*Vanessa S.*

Build on your yoga foundation in Yoga Flow II! Explore binds, deepen twists & practice inversions. Challenge the body & mind as we work on balance, strength & flexibility.

## Winter Class Schedule

Classes in Green are FREE & for members only.  
Classes in Purple are registered (paid) classes.

**\*Sign up is online for these classes. Required check-in at front desk 5 minutes before class for free and drop-in classes.**

Check out the [Class Descriptions](#) page for more information on classes. Contact us to register for classes, for non-member prices and for further details on any of our services.

Yoga mat rental is available for \$2..Prices listed are member rates.

We love having a minimum of 10 people for a registered class so encourage friends and coworkers to join you!