

■ Class Descriptions

Core Strength Katrina

Compliment your workout routine with this core strengthening class. This class is designed to tone, build and strengthen the whole body with a focus on the back and abdominal muscles.

Cycle Shred Kyra

This class focuses on intervals on and off of the bike. Cycle Shred intertwines cycling intervals with fat shredding circuit stations. This class is sure to take you to another fat burning level.

Cycle 45 Diana

An energetic cycling class that works on intervals through speed, hills, standing climbs and much more!

Early Morning Yoga Gary

Start your morning off right with a yoga class that lengthens the entire body and focuses on hips, back and chest.

HIIT & TRX Kai

Each class is specifically designed to focus on hidden stability imbalances by using the TRX. Increase cardiovascular and muscular endurance with HIIT components, and develop common weak points in the core.

Noon Hour Yoga Gary

Starting with warming up the body through a flowing sequence of poses, and then leading to longer holds for relaxation and increased flexibility.

Posture & Stability Katrina

This class is designed to improve functional strength, common muscular imbalances, core stability and joint mobility. Achieve better posture and biomechanics.

Speed & Agility Kai

This class has been handcrafted to improve the level of conditioning, reflex time, and kinesthetic awareness resulting in increased balance, explosiveness, and stability throughout traditionally unstable joints.

Winter Warriors Kyra

Winter Warriors will lead you through a journey of strengthening your core, hips, posture, and conditioning. This class is perfect for all fitness levels and those who want to improve their strength and conditioning for winter sports.

Class Schedule Fifth Avenue Club



Contact Us

Fifth Avenue Club

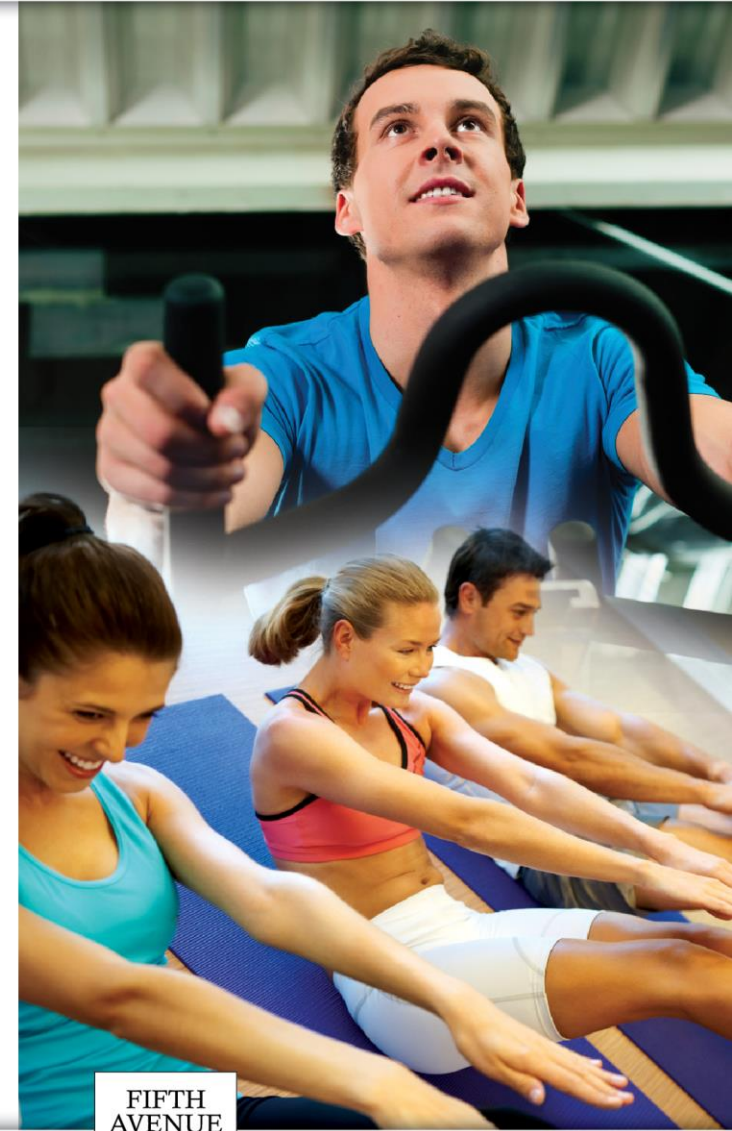
+15 Level, 715 - 5th Avenue SW
Calgary, Alberta, Canada T2P 2X6
m. 403.543.4747
e. info@fifthavenueclub.ca

Our Hours

Monday - Friday
6:00 am - 8:00 pm

Saturdays
10:00 am - 2:00 pm

Please come see us for more information on the club or any of our membership options.



fifthavenueclub.ca



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Class Schedule

If you need that extra push from an instructor and enjoy a non-intimidating and motivational group setting, our Team Fitness classes are a perfect fit for you! Let us help you mix up your workouts with variety for all levels that will be sure to make you break a sweat!

Classes are for members only, available on a drop-in basis.

Online Sign-up

- Members can sign up for their favorite Team Fitness group session through the member section of our website at fifthavenueclub.ca.
- Sign up online beginning at 9am each day. Check-in is required at the front desk at least 5 minutes before class. Wait-listed members may participate once class has commenced in the absence of signed and checked-in members.
- If you are using the mini-membership pass or visiting as a guest of a member, you can sign up for a Team Fitness session by calling the front desk at **403.543.4747**.
- We would love to continue seeing more energy in the fitness studio, so encourage friends and coworkers to join you!
- Schedule is subject to change.

Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Early Morning Yoga 7:00 – 7:45		Posture & Stability 7:00 – 7:45
Core Strength 11:30– 12:12	Winter Warriors 11:30 – 12:20	HIIT & TRX 11:30 – 12:15	Cycle Shred 11:15 – 12:00	Speed & Agility 11:30 – 12:15
Cycle 45 12:15 – 1:00			Noon Yoga 12:00 – 12:45	
		Cycle 45 5:00 – 5:45		

- Unlimited access for Team Fitness members
- \$15 drop-in per session if Team Fitness has not been added to membership