

■ Class Descriptions

Bike, Brace and Burn Kyra

This class will focus on bracing techniques to improve your breathing and core engagement. It will sprinkle in core endurance exercises with sweat filled cycling intervals! Great workout for fat loss and stress relief.

Early Morning Yoga Callie

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

Functional Movement Amber

Strengthen your seven "Primal Movements" - bend to extend, squat, lunge, rotate, push, pull, and gait! Exercises involve full-body motion and engaging the stability muscles, helping to prevent injuries and aid in your fitness and exercise regime!

Glute MAX Amber

This class focuses on getting those glutes firing and strengthening the lower body! With stronger glutes, you reduce the risk of low back injury, improve posture and increase the integrity of movement in the hip joint.

MetCon Madness Kai

"Metabolic Conditioning" demands more from your mind and body by combining fundamentals of HIIT and a broad variety of exercises at a more maximal intensity for an effective fat-burning and muscle-building workout.

Muscle N' Melt Kyra

Master your movement patterns for life, learn and apply strategies to build muscle, and discover opportunities to melt fat. This workout will guide you through full body strength exercises utilizing research based techniques.

Noon Hour Yoga Callie

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

Speed & Agility Kai

Improve your level of conditioning, reflex time, and kinesthetic awareness, resulting in increased balance, explosiveness and stability throughout traditionally unstable joints.

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

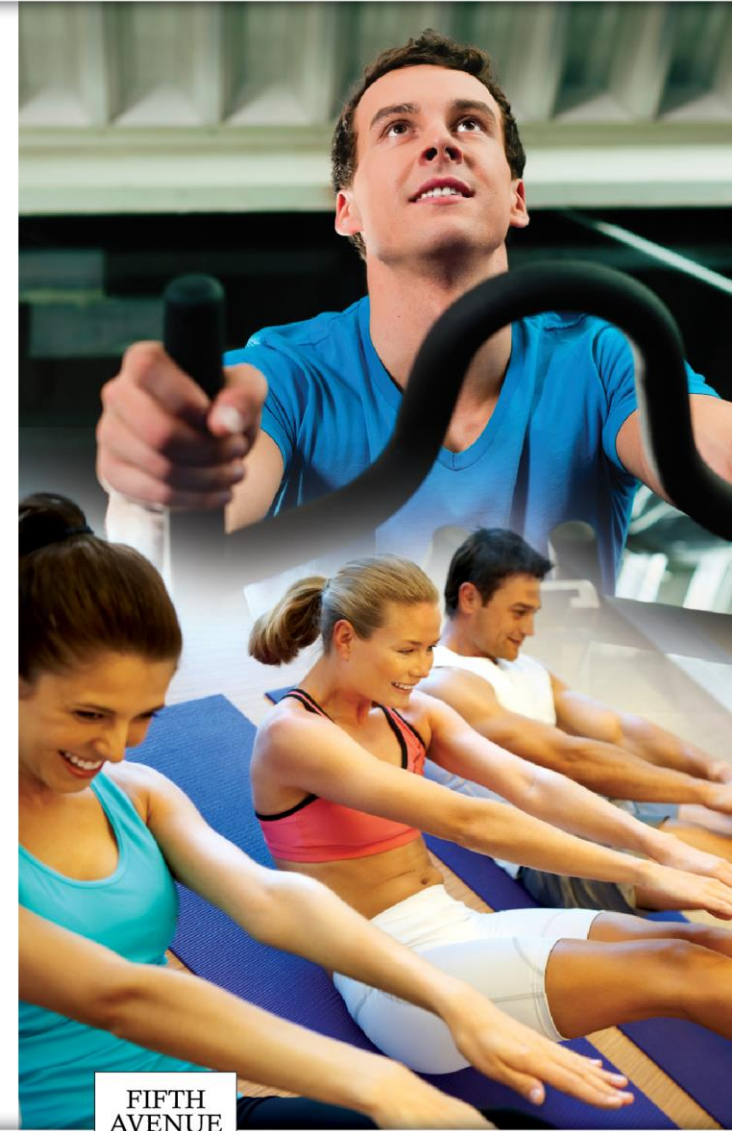
e. info@fifthavenueclub.ca

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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to Fifth Avenue Club



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 registered Team Fitness members only.

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**.
- Encourage friends and coworkers to join you!
- Schedule is subject to change.

Winter 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		Early Morning Yoga 6:45 – 7:30		Functional Movement 7:00 – 7:45
Glute MAX 11:30– 12:12	Bike, Brace & Burn 11:30 – 12:20	MetCon Madness 11:30 – 12:05	Muscle N' Melt 11:15 – 12:00	Speed & Agility 11:30 – 12:15
			Noon Yoga 12:00 – 12:45	

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