

## ■ Class Descriptions

### Upper Body Strength Kai

It's time to sculpt that upper body! Strength training is as important as hypertrophy and muscular endurance. A well balanced combination of all three is the key to longevity on your fitness journey. We will be combining traditional strength building principles with a focus on strengthening weak muscles groups, (upper cross) found in a large percentage of desk workers. As always, you will have the ability to modify the class to suit any and all levels of fitness.

### 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.

### Upper Body Endurance Amber

Build up your muscular endurance with this high rep and tempo-focused bootcamp!

### Speed & Agility Kai

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

### Lower Body Endurance Kai

Why train legs twice a week? Legs are the largest muscles in your body and therefore require the most attention. Training your legs correctly results in a massive release of growth hormone and testosterone which are the hormonal building blocks for building muscle. In this class you will challenge your lactate thresholds by pushing the boundaries of conventional rep schemes. Longer work periods with lighter weights to reduce the burden on the joints. Suitable for all levels of fitness!



## Contact Us

### Fifth Avenue Club

+15 Level, 715 - 5th Avenue SW  
Calgary, Alberta, Canada T2P 2X6

m. 403.543.4747

e. [info@fifthavenueclub.ca](mailto:info@fifthavenueclub.ca)

## Temporary Hours

### Monday - Friday

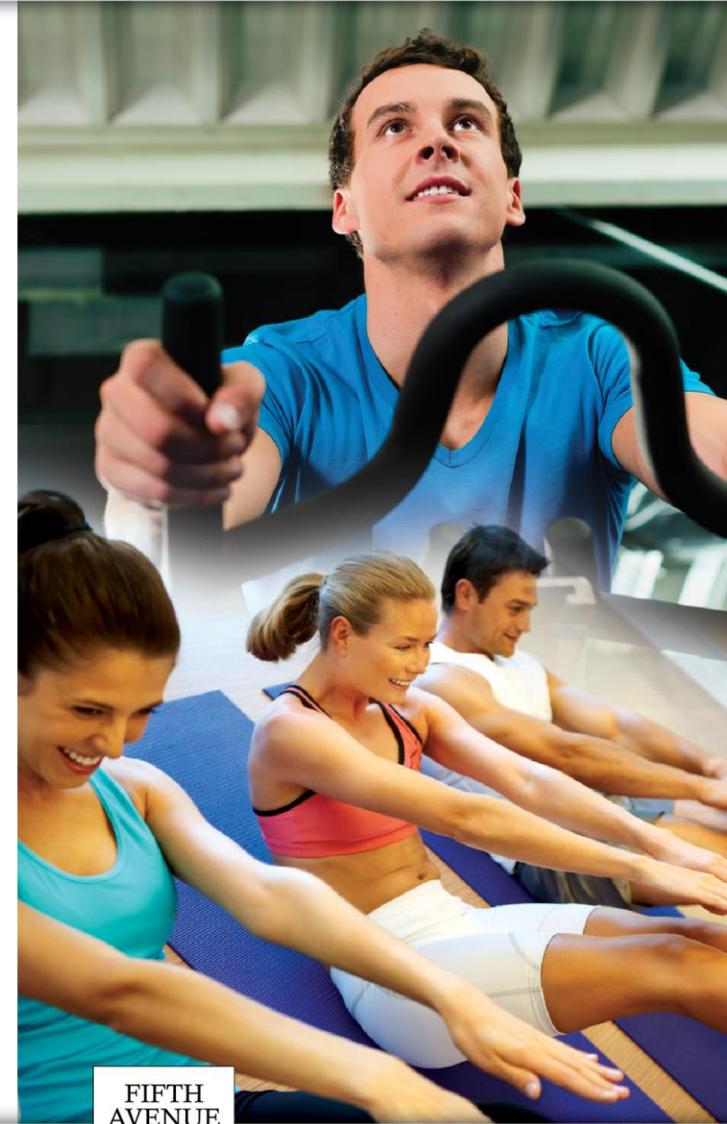
6:00 am - 6:00 pm

### Saturdays & Sundays

Closed

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

# Class Schedule Fifth Avenue Club



[fifthavenueclub.ca](http://fifthavenueclub.ca)



Setting the standard for friendly,  
personalized service.

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# GO

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](http://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 checked-in members.
- If you are using a 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.

## Fall 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				Functional Movement 7:00 – 7:45
Glute MAX 11:30– 12:15	Upper Body Strength 11:30 – 12:15	Speed and Agility 11:30 – 12:15	Upper Body Endurance 11:15 – 12:00	Lower Body Endurance 11:30 – 12:15

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