

## ■ Class Descriptions

### 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.

### Raise the Bar Kai

In this full body class, we will torch every muscle from head to toe. From quads and glutes, to chest and back, your entire chain will be utilized and tested. In this high volume class the weights will be lighter with added intensifiers to reduce the amount of stress on the tendons and joints. Suited for all those ready to change their regular habits and challenge themselves!

### Vinasa Yoga Carrie

The class will focus on breath and movement which will include a full body warm up before moving into more dynamic /energizing poses. The class will then transition into deeper relaxation poses and will end with a therapeutic shavasana. If you are looking for some new ways to help relieve unwanted stress and tension then this class is for you.



## 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)

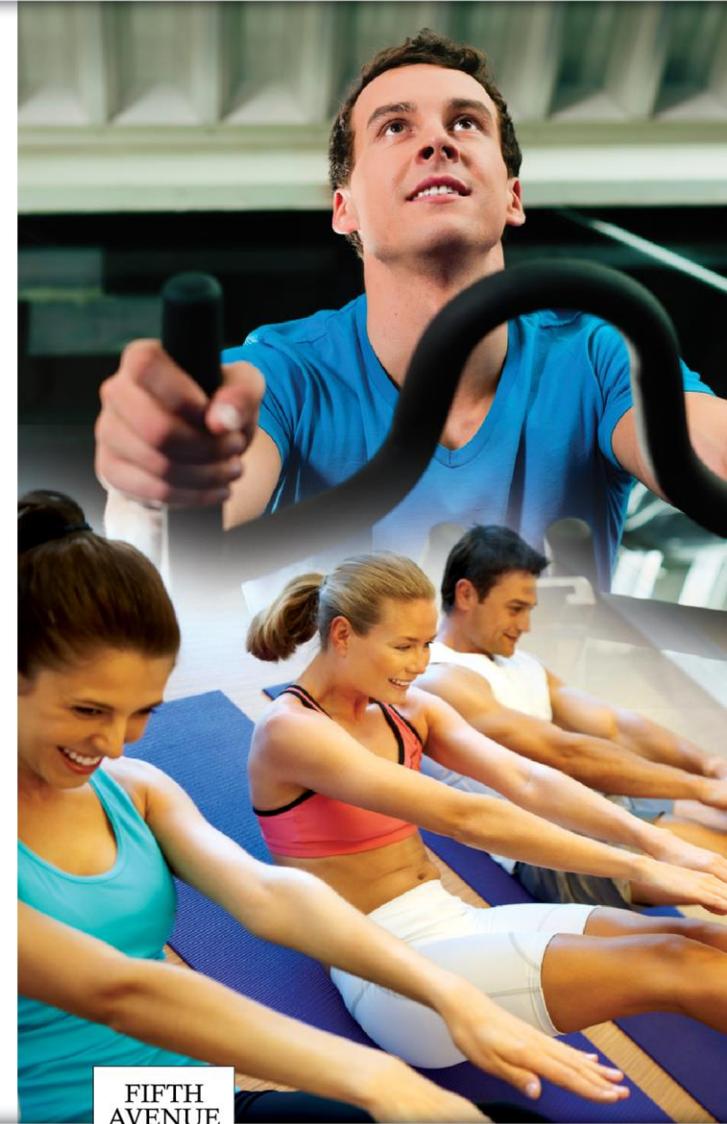
## Our Hours

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

**Weekends**  
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)



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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 begins 24 hours prior to each class. 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.

## Winter 2021/2022

Monday	Tuesday	Wednesday	Thursday	Friday
Glute MAX 12:00 – 12:45		Raise the Bar 12:00 – 12:45		Vinyasa 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