

Class Descriptions

Manic Monday Amber

Start your week off right! This class will push you to your limits and make those muscles burn! As you maneuver your way through each station, you'll lunge, jump, push, pull and more for a full body workout. You will leave the class feeling exhilarated to take on the rest of the week!

Muscle Pump & Cardio Fitness Fix Katherine

Low Impact workout with a combination of progressive resistance training & spin. This class will enhance your cardiovascular fitness, improve muscle tone, and increase your exercise endurance. Using progressive resistance training principles, we will keep the intensity high and all muscles moving to good tunes. Blend of Spin and Barbell complexes / resistance training intervals. Aimed towards intermediate gym goers, but beginners are welcome.

Wednesday Warriors 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 prepare to have your cardiovascular endurance as well as your strength put to the test. Suited for all those ready to change their "corporate workouts" and challenge themselves!

Barbell Basics Kai

Learn the fundamental mechanics surrounding all the basic barbell movements. Each class will focus on one specific exercise ex. Bench, squat, OHP, deadlift etc. With the goal of perfecting each lift and gradually increasing weight in a periodizes manner. Suitable for ladies & gentlemen. Come sweat it out under the bar with me ☺

Vinyasa 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. If you are looking for some new ways to help relieve unwanted stress and tension, then this class is for you.

Cardio Kickboxing Gordon

This cardio kickboxing class is an awesome total body workout to improve cardio, strength, and flexibility. Kickboxing is also a great way to help with weight loss, confidence, and mental health. Each class will include a unique warm up and a kickboxing circuit including combinations and light calisthenics and we will wrap things up with some core work and stretching. A fun friendly environment open to everyone at all fitness levels.

Beginner Self-Defense Rod

Come learn how to defend yourself in a safe environment. Have fun don't die.

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

Staffed Hours

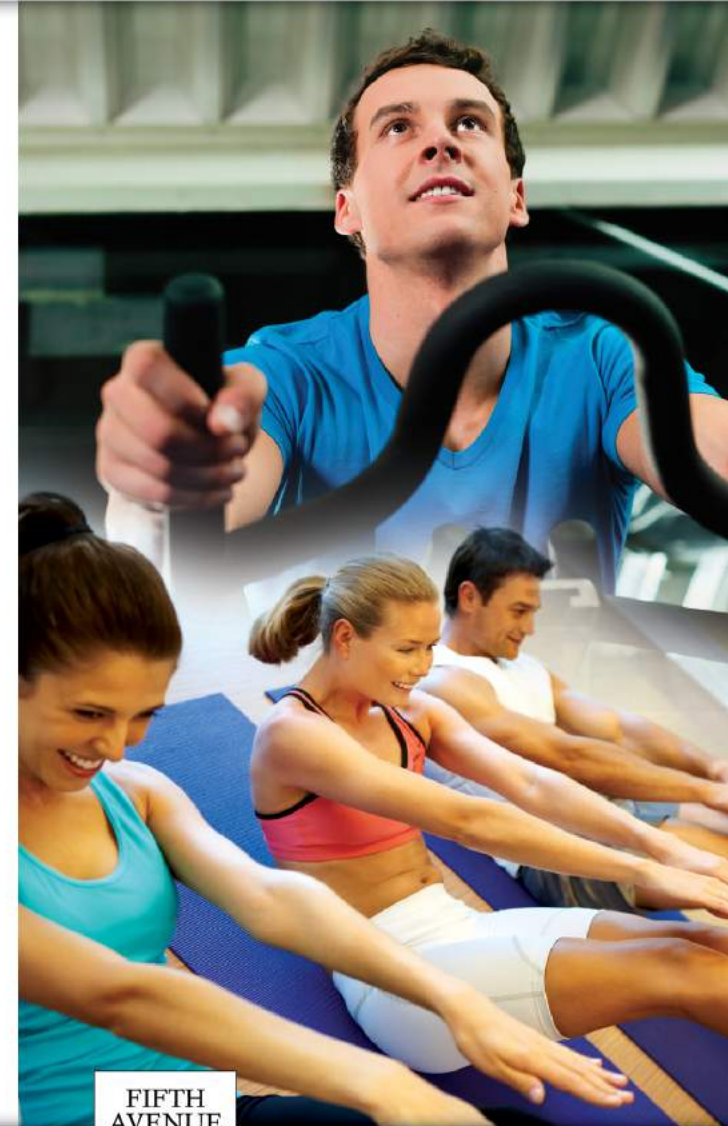
Monday - Friday

7:00 am - 3:00 pm

Access

24/7

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



fifthavenueclub.ca

Setting the standard for friendly,
personalized service.

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IGO

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 begins 7 days 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.

Registered Class

- Registered classes are specialized programs, that are not included in the regular Team Fitness schedule.
- For more information, please stop by the front desk or by calling us at **403.543.4747**.

Winter 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Cardio Kickboxing 7:00 – 7:45			
Manic Monday 12:00 – 12:45	Muscle Pump & Cardio Fix 12:00 – 12:45	Wednesday Warriors 12:00 – 12:45	Barbell Basics 12:00 – 12:45	Vinyasa Yoga 12:00 – 12:45
FMA/NSI* 19:00 – 21:00 Registered Class	Beginner Self-Defense 17:00 – 18:00		FMA/NSI* 19:00 – 21:00 Registered Class	

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