

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!

Tank Top Tuesdays Amber

Are you lacking some upper body strength? Perfect! This class can help. This class will focus on strengthening your core, back, chest, and shoulders. Since all these areas are key components to everyday living; we will ensure they are moving properly, engaging during exercise and strong to lift and move in a safe manner. Each week will focus on a different area, to allow for focus and understanding of what those muscles should be able to accomplish. Pair this with Thursday's "LEGgo My Ego" to get full body strength to be confident in your day-to-day life, or extra-curricular activities.

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!

LEGgo My Ego Kai

Introducing the Lower Body Strength Class, designed to tone and strengthen your legs, glutes, and lower back. Kicking things off with a quick warmup and technique work, followed by a few compound lifts with strength protocols. Finish off the class with a few stretches to cool down and maximize recovery. This class is perfect for those looking to sculpt and define their lower body muscles while improving overall strength and endurance. Suitable for all fitness levels.

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.

Boxing Fundamentals Michael

Our boxing class is a high-intensity workout that combines boxing technique with aerobic exercise to improve cardiovascular health and build strength, it is a fun & challenging way to get in shape while learning self-defence skills.

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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LEGGO

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**.

Fall/Winter 2023/24

Monday	Tuesday	Wednesday	Thursday	Friday
	Cardio Kickboxing 7:00 – 7:45			
Manic Monday 12:00 – 12:45	Tank Top Tuesdays 12:00 – 12:45	Wednesday Warriors 12:00 – 12:45	LEGgo My Ego 12:00 – 12:45	Beginner Self-Defense 12:00 – 12:45
Stunt Training 19:00 – 21:00 Registered Class		Boxing Fundamentals 19:00 – 20:00	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 – See front desk for pricing.