

**Tone The Top (Intermediate – Advanced)**

- Tabata style: 20 seconds of work, 10 seconds of rest for 8 rounds
- Upper body strength exercises using bodyweight, free weights or bands

**Fusion (All Levels)**

- Limited, low-impact cardio
- Strength & stretch using: free weights, bodyweight, stability balls, steps, gliders, etc.

**Cardio & Strength (Intermediate - Advanced)**

- A mix of cardio and strength exercises
- Class will incorporate bodyweight, step & dumbbell exercises to provide an overall conditioning class.

**Cardio Kick Blast (All Levels)**

- Combine cardio & air boxing style moves with squatting and shoulder work

**Nice & Easy (Beginner – Intermediate)**

- Promotes strength and flexibility to fight off osteoporosis
- Participants are encouraged to choose their own level of exertion

**H.I.I.T (Intermediate - Advanced)**

- Cardio bodyweight exercises combined with your choice of cardio... done in intervals
- High Intensity Interval class

**Women on Weights (All Levels)**

- A combination of upper & lower body and core exercises guaranteed to work the whole body
- Class will incorporate bodyweight, dumbbells, bands, steps, stability & BOSU balls... and much more.
- Options given for all ability & fitness levels

**Core & Nothing More (All Levels)**

- Devoted to developing all the muscles that make up the core. So much more than just abs!
- Class will be tailored to the participants. All ability levels welcome.

**Rock Bottom (Intermediate – Advanced)**

- Tabata style: 20 seconds of work, 10 seconds of rest for 8 rounds
- Lower body strength exercises using bodyweight, free weights or bands

**Circuit Bootcamp (Intermediate)**

- A fast-moving 30 minute circuit of exercises meant to target the entire body

**Zumba Blast (All Levels)**

- Latin inspired dance fitness that blends red-hot international music and contagious steps to form a “fitness party” that is downright addictive

**Cardio & Core (Intermediate - Advanced)**

- Combine intervals of cardio with core exercises
- High Intensity Intervals class

**Total Body Strength (All Levels)**

- A total body workout... without the cardio!
- Class will incorporate upper/ lower body and core exercises
- Equipment could include: dumbbells, bands, gliders, steps or the most effective tool – your own bodyweight.

**Strength & Cardio Circuit (All Levels)**

- Challenge yourself with a strength circuit that could include bodyweight, dumbbells, BOSU balls... and more!
- Your choice of cardio will be done between the strength exercises

**Zumba Kids (Age 5 – 12)**

- The ultimate dance-fitness party for young Zumba fans where they can play it loud and rock with friends!

**Strong Youth (Ages 13-15)**

- A challenging workout that will be different each week!
- Class will incorporate cardio, bodyweight and light resistance with an emphasis on developing a strong foundation
- A variety of exercise styles will be used based on the participants interests

**CLASSES NOT RUN BY QUEENS PLACE**

\*Registration Done Directly With Instructor\*

**POUND – ROCKOUT.WORKOUT.**

- Instructor: Mary Ann Zandbergen
- 6-week session: Sunday’s November 13<sup>th</sup>-December 18<sup>th</sup>
- Cost: \$55
- Drop-in’s available
- Location: Queens Place Fitness Studio
- To register or for more information: Contact Mary Ann at [heatstudio22@gmail.com](mailto:heatstudio22@gmail.com) or [www.facebook.com/personalfitness22](http://www.facebook.com/personalfitness22)

**Hot Yoga**

- Instructor: Hilary Huskilson
- 8-week session: Nov. 1<sup>st</sup>-Dec. 20<sup>th</sup>
- Registration Deadline: Fri. Oct. 28<sup>th</sup>
- Cost: \$64.00 per 8-week session
- Location: Queens Place Community Room
- To register or for more information: Contact Hilary at [hhuskilson@gmail.com](mailto:hhuskilson@gmail.com) or 902-350-0690

**Kettlebells With Matt**

- Instructor: Matt VanWycken
- Session runs until November 21<sup>st</sup>
- \$12 drop-in
- Location: Queens Place Fitness Studio
- For more information: Contact Matt at [m.vanwycken@gmail.com](mailto:m.vanwycken@gmail.com)

**On Tap Dance Studio Classes**

- Instructor: On Tap Dance Studio
- Session: September 12<sup>th</sup>-December 12<sup>th</sup>
- Location: Queens Place Fitness Studio
- Tuesday’s: Tiny Tots Dance (18-24mths) 3:30-4:00pm, Creative Movement (2-3 years) 4:00-4:30pm, Intro To Dance (4-6 years) 4:30-5:15pm & Lyrical (7-10 years) 5:15-6:15pm
- To register or for more info: Contact: [tapon@ontapdancestudio.com](mailto:tapon@ontapdancestudio.com) or [www.ontapdancestudio.com](http://www.ontapdancestudio.com)

**Price Schedule - QPEC Classes Only**

Annual Fitness Centre Membership + Group Fitness Class Add-On	Best Value! Unlimited access to the Fitness Centre & non-specialty QPEC Group Fitness classes. Space in group fitness classes is on a first-come, first serve basis after registered participants.	Adult	Junior	
		*\$45.59/month PAD	*\$37.25/month PAD	
Registration	Great Value! Guarantees your spot for each class. Discounted rate for multiple classes.		1 class/wk	2 classes/wk
		60 minute classes	\$ 43.75	\$ 78.75
		30 minute classes	\$ 21.88	\$ 39.38
Punch Card	Most Flexible Option! Great for trying different classes. (Card must be used for class length specified on card)	60 minute classes (10 punches)	\$ 65.00	
		30 minute classes (10 punches)	\$ 35.00	
Drop In	Great Option for visitors! Admission based on availability in class.	60 minute class	\$ 8.00	
		30 minute class	\$ 4.00	