

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Open GYM	Class Studio	Open GYM	Class Studio	Open GYM	Class Studio	Open GYM	Class Studio	Open GYM	Class Studio	Open GYM	Class Studio	Open GYM	Class Studio
MORNING			CIRCUIT TRAINING 7-7.30		TOTAL BODY BOOTCAMP 7-7.45	PILATES: Power Flow 7.15-8.15	CIRCUIT TRAINING 7-7.45	CYCLE: Beats & Burn 7.15-8.15	TOTAL BODY BOOTCAMP 7.15-8		BOXING BOOT CAMP: Cardio 9-10			CYCLE: Beats & Burn 9.30-10.30
			KETTLEBELL / TRX FUSION 7.30-8.30								TOTAL BODY BOOT CAMP 10.30-11.30	CYCLE: Performance 10-11	PILATES: Power Flow 10.30-11.30	CYCLE: Beats & Burn 10.30-11.30
			TRX 11.30-12		TRX 11.30-12	PILATES: Intermediate 11.30.12.15			ROCK THE WORKOUT 11.15-12		DYNAMIC CONDITIONING 11.30-12.30	PILATES: Intermediate 11-12	ATHLETIC AGILITY 11.30-12.30	YOGA: Vinyasa 11.30-12.30
AFTERNOON	BOXING BOOT CAMP: Cardio 12-1	CYCLE: Beats & Burn 12-1	BOXING BOOT CAMP: Lower Body 12-1	YOGA: Yin 12-1	BOXING BOOT CAMP: Upper Body 12-1	PILATES: All Levels 12.30-1.15	BOXING BOOT CAMP: Core 12-1	CYCLE: Beats & Burn 12-1	ROCK THE WORKOUT 12-12.45	DEFINITION 12-1		YOGA: Yin/Yang 1-2.15		
		YOGA: Core Flow 1-2	ROCK THE BELLS 1-1.45					YOGA: Core Flow 1-2						
EVENING	30 MIN SHRED 5-5.30						30 MIN SHRED 5-5.30							
	KETTLEBELLS 5.30-6.15	CYCLE: Beats & Burn 5.30-6.30	CIRCUIT TRAINING 5.30-6.15	YOGA: Core Flow 5.30-6.30	OVERHAUL 5.30-6.30	PILATES: All Levels 5.30-6.30	TRX 5.30-6.15	PILATES: All Levels 5.30-6.30	BOXING BOOT CAMP: Total Body 5.30-6.30	CORE & STRETCH 5.30-6.30				
	BOXING BOOT CAMP: Cardio 6.15-7.15	PILATES: Intermediate 6.30-7.30	TRX 6.15-7	CYCLE: Performance 6.30-7.30	BOXING BOOT CAMP: Upper Body 6.30-7.30	YOGA: Vinyasa 6.30-7.30	TOTAL BODY BOOTCAMP 6.15-7.15	CYCLE: Performance 6.30-7.30						
	BUILD & BURN 7.15-8.15													

# totumlifescience

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**MONDAY - FRIDAY** 6:00 AM - 10:00 PM  
**SATURDAY** 8:00 AM - 6:00 PM  
**SUNDAY** 9:00 AM - 6:00 PM

improve your life.

## SIGNING UP FOR CLASSES

Sign up for classes online, by phone or in person at our front desk up to 48-hours in advance.

Contact our front desk or membership team to set up your online account and password.

Arrive on time. Entry to classes is cut off 5 minutes after the scheduled start time. This is to avoid disrupting the flow of the class and to ensure your safety with a proper warm up and safe progression.

Once class has begun, if you are not present your spot may be given to a member on the wait list, in order.

If you are on the wait list please do not enter the class until the instructor takes attendance and allows you into the class.

If have signed up for class and can no longer attend, please remove yourself online or contact front desk.

## GET THE MOST OUT OF TOTUM

We recommend that you discuss classes with your Totum Personal Trainer or Membership Consultant. Our trainers will work with you to determine the best combination of classes and personal workouts for your unique goals and interests.

Class instructors work closely with our training and clinic teams. Speak to us about training and clinic services to complement your activities and keep you performing effectively. If you are injured, please speak with your instructor at the start of class for modifications or referrals to our clinic.

## King St W – Class Descriptions

- **30-Minute Shred:** Get in, get out and get results with 30 minutes of high intensity interval strength and core training.
- **Athletic Agility:** A high tempo workout to develop force, speed, agility and different planes of movement.
- **Boxing Boot Camp:** Get hooked on a new routine packed with skipping, bag work and calisthenics to condition the entire body. (Gloves required)
- **Build & Burn:** It's boot camp with a twist! Squat, lunge and jump your way to a strong and toned physique using weights, resistance bands and sliders.
- **Circuit Training:** Train efficiently with a variety of resistance and cardio intervals designed to improve endurance and strengthen the whole body.
- **Core & Stretch:** Combines breathing, yoga and core exercises into one feel good workout to increase flexibility and promote active recovery.
- **Cycle - Beats & Burn:** A high energy class with beats and rhythms that will push you to your limits.
- **Cycle - Performance:** An endurance ride with flats, hill climbs and sprints to challenge performance and improve technique on the road.
- **Definition:** Intervals and light weights are used to elevate the heart rate and strengthen smaller secondary muscles while keeping stress out of the joints.
- **Dynamic Conditioning:** A sweaty, high volume workout that will challenge your body to move with control while targeting different muscle groups.
- **Kettlebells:** Build muscular strength and endurance using iron kettlebells for resistance. This high intensity workout will help you burn fat while adding new fitness skills to your repertoire.
- **Overhaul:** An exciting and excellent full body workout with timed circuits of strength and cardio drills.
- **Pilates:** A series of exercises based on the work of Joseph Pilates to strengthen muscles with a focus on the body's CORE. All classes are mat-based.
- **Pilates = Power Flow:** Fluid, flowing movements that enhance core strength and focus on stability through the legs, hips, core and arms.
- **Rock the Bells:** An eclectic mix of kettlebells, core strengthening moves and old school hip hop.
- **Rock the Workout:** A high energy, boot camp style workout to old school hip hop beats.
- **Total Body Bootcamp:** A serious session of continuous cardio and strength work that changes every week.
- **TRX Suspension Training:** Sculpt and strengthen your entire body using body weight exercises performed with TRX suspension system.
- **Yoga - Core Flow:** Build strength & create flexibility in your core muscles through this dynamically flowing yoga class.
- **Yoga - Vinyasa:** A dynamic class that combines eastern philosophy with vigorous movement that flows in synchronicity with the rhythm of your breath.
- **Yoga - Yin:** Release tension and increase joint mobility by holding postures for several minutes in this slower yoga practice that targets the connective tissue of the hips, pelvis and lower spine.
- **Yoga - Yin/Yang:** Develop strength and stamina through a Yang flow sequence followed by the deep tissue stretching of Yin yoga, during which postures are held for several minutes! All levels Welcome.

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