


	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	*NEW* HIIT WITH HANNAH: MUSCLE HUSTLE 7-7.45		30 MIN SHRED 7-7.30		*NEW* HIIT WITH HANNAH: CARDIO CONDITIONING 7-7.45	PILATES: POWER FLOW 7.15-8.15	45 MIN SHRED 7-7.45	CYCLE: BEATS AND BURN 7.15-8.15	TOTAL BODY BOOTCAMP 7.15-8		BOXING BOOT CAMP: CARDIO 9-10			
	Starting Monday Oct 16 <sup>th</sup> , 2017 		KETTLEBELL / TRX 7.30-8.30								TOTAL BODY BOOT CAMP 10.30-11.30	CYCLE: PERFORM 10-11	PILATES: POWER FLOW 10.30-11.30	CYCLE: BEATS AND BURN 10-11
			TRX 11.30-12		TRX 11.30-12	PILATES: INT 11.30.12.15			ROCK THE WORKOUT 11.15-12		FORM + FUNCTION 11.30-12.30	PILATES: INT 11-12	ATHLETIC AGILITY 11.30-12.30	YOGA: VINYASA 11.30-12.30
AFTERNOON	BOXING BOOT CAMP: CARDIO 12-1	CYCLE: BEATS AND 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	*NEW* NO LIMIT BOOT CAMP 12-1	CYCLE: BEATS AND BURN 12-1	ROCK THE WORKOUT 12-12.45	DEFINITION 12-1		YOGA: YIN/YANG 1-2.15		
		YOGA: CORE 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		BOXING BOOT CAMP: TOTAL BODY 5.30-6.30	CORE & STRETCH 5.30-6.30				
	KETTLEBELLS 5.30-6.15	CYCLE: BEATS AND BURN 5.30-6.30	TOTAL BODY BOOTCAMP 5.30-6.15	YOGA: CORE FLOW 5.30-6.30	OVERHAUL 5.30-6.30	PILATES : ALL LEVELS 5.30-6.30	TRX FUSION 5.30-6.15	PILATES: ALL LEVELS 5.30-6.30						
	BOXING BOOT CAMP: CARDIO 6.15-7.15	PILATES: INT 6.30-7.30	TRX FUSION 6.15-7	CYCLE: PERFORM 6.30-7.30	BOXING BOOT CAMP: UPPER BODY 6.30-7.30	YOGA: VINYASA 6.30-7.30	FULL BODY BURN 6.15-7.15	CYCLE: PERFORM 6.30-7.30						
	FULL BODY BURN 7.15-8.15													

# totumlifescience

445 King Street West, Suite 101

Toronto, Ontario

M5V 1K4

416-979-2449

[www.totum.ca](http://www.totum.ca)

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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**

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**improve your life.**

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## 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.

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## 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-Min / 45-Min Shred:** Low-impact cardio drills with intervals of strength and core training. Body weight and some equipment will be incorporated, so be ready to dig deep and sweat. (Beginner/Intermediate)
- **Athletic Agility:** Split into 2 halves. This class works on developing force with speed and agility while the body's fresh before jumping into a host of different patterns and planes of movement. A high tempo workout that will get your heart rate up and your legs calling out to you. Not a Boot Camo. (Advanced)
- **Boxing Boot Camp:** This class incorporates full-body calisthenics plus boxing bag work. It's an excellent addition to strength and/or cardio training to break your fitness or weight-loss plateau. (Beginner/Intermediate)
- **Core & Stretch:** Focus on breathing exercises followed by modern ab exercises, and yoga abdominal work. Slow stretching and a final meditation will send you into a weekend bliss. (Beginner/Intermediate)
- **Cycling – Performance / Beats & Burn:** Get your cardio sweat on with this simulated road ride. Performance is a technical class, focused on positions and form. Beats & Burn is music based to get you pushing hard. (Beginner/Intermediate)
- **Definition:** Lighter weights are used for this class which focuses on form, injury prevention, and exercises that put your heart rate into the fat burning zone. You'll find the underdeveloped muscles which you never knew you had! (Beginner/Intermediate)
- **Full Body Burn:** A high intensity, fast paced workout combining cardio and strength training that keeps you moving and sweating up until that very last minute. (Advanced)
- **Form + Function:** With an emphasis on proper mechanics in baseline exercises, such as split squats and push-ups; this class will improve your force development, multiplanar and ballistic movements, along with building core strength. This is not a boot camp style class. Ideal for those who sit at a desk all week. (Intermediate)
- **HIIT with Hannah – Cardio Conditioning:** This sweat session will get your heart rate up over short intervals with built in 'active' rest periods. This style of class is a fun, safe and effective way to improve aerobic capacity and build endurance! (Beginner/Intermediate)
- **HIIT with Hannah – Muscle Hustle:** A high intensity total body workout using an assortment of equipment with lots of resistance training. Build strength and lean muscle mass, and have fun while doing it!
- **Kettlebells / Kettlebell-TRX:** 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. (Intermediate/Advanced)
- **No Limit Boot Camp:** This class incorporates full-body calisthenics plus strength and cardio intervals. It's an excellent addition to strength and/or cardio training to break your fitness or weight-loss plateau. (Beginner/Intermediate)
- **Overhaul:** This circuit class alternates strength training drills with cardio training drills. These timed circuits are sure to challenge all skill levels and give your body an excellent overhaul workout. (Beginner/Intermediate)
- **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. (Beginner/Intermediate)
- **Pilates = Power Flow:** This class is designed to rev up the intensity and focus on power and stability of the legs, hips, core, and arms. The main focus is on preventing injury while improving control and precision. The use of props helps to condition the entire body and the fluid, flowing movement enhances core stamina. (Beginner/Intermediate)
- **Rock the Bells:** An eclectic mix of kettlebells, core strengthening moves and old school hip hop. (Beginner/Intermediate)
- **Rock The Workout:** A 45-minute, high energy boot camp style workout comprised of different combinations of exercises that target every muscle and joint moving through every plane of motion. (Beginner/Intermediate)
- **Total Body Bootcamp:** Work your entire body from head to toe with this high energy class that targets every major muscle group while pushing you to the limit! (Advanced)
- **TRX Fusion:** Full body, low-impact, upbeat workout incorporating the TRX workout system and varying equipment each week. (Intermediate/Advanced)
- **TRX Suspension Training:** Full-body workout using the TRX workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. (Beginner/Intermediate)
- **Yoga - Core:** This invigorating and dynamically flowing vinyasa yoga class focuses on linking the breath with yoga sequences that strengthen, stretch and stabilize the core of your physical body leaving you feeling refreshed and revived. Suitable to anyone looking to experience a multi-level yoga class. (Beginner/Intermediate)
- **Yoga - Vinyasa:** It's a dynamic class that combines eastern philosophy with vigorous movement that flows in synchronicity with the rhythm of your breath. Traditional Ashtanga yoga sequences are taught with creative variations each week that include challenging body work and mindful integration that cultivate deeper mind-body connection for all aspects of life. (Beginner/Intermediate)
- **Yoga - Yin:** Most forms of yoga are Yang, emphasizing muscular movement and contraction. By contrast, Yin Yoga targets the connective tissue of the hips, pelvis and lower spine by holding postures for several minutes, which helps to release tension and free your joints. (Beginner/Intermediate)
- **Yoga – Yin/Yang:** The best of several styles of Yoga blended into one class (Hatha, Ashtanga & Iyengar). All levels are welcome. (Beginner/Intermediate)