

START TIME	CLASS	INSTRUCTOR	DURATION
MONDAY			
6:30 – 7:15 am	Interval Strength	Kyla Smith	45 minutes
12:00 – 12:50 pm	Strength & Core	Laura Breck	50 minutes
4:30 – 5:15pm	TRX Circuit	Kyla Smith	45 minutes
5:15 – 6:00 pm	Gentle Stretch	Kyla Smith	45 minutes
7:00 – 8:00 pm	Pure Strength	Locryn Leizour	1 hour
TUESDAY			
6:30 – 7:15 am	Strength & Core	Laura Breck	45 minutes
12:00 – 12:50 pm	Core Fusion	Laura Breck	50 minutes
6:45 - 7:30 pm	Yoga	Kelly Bodie	45 minutes
WEDNESDAY			
6:30 – 7:15 am	Interval Strength	Ben Robinson	45 minutes
12:00 – 12:50 pm	Interval Strength	Trevor Davies	50 minutes
4:30 – 5:15 pm	Interval Strength	Laura Breck	45 minutes
THURSDAY			
6:30 – 7:15 am	Functional Strength	Ron Leyenhorst	45 minutes
12:00 – 12:45 pm	Functional Strength	Laura Breck	45 minutes
FRIDAY			
6:30 – 7:15 am	Interval Strength	Laura Breck	45 minutes
9:30 – 10:20 am	Strength & Core	Karen Brant	50 minutes
12:00 – 12:50 pm	Functional Strength	Kyla Smith	50 minutes
4:30 – 5:15 pm	Strength & Core	Laura Breck	45 minutes
5:15 – 6:00 pm	Yoga	Kelly Bodie	45 minutes
SATURDAY			
8:30 – 9:30 am	Core Fusion	Tracy Kennedy	1 hour

PLEASE NOTE:

- Please arrive 5 minutes in advance of class start time
- All group sessions can be adapted to individual fitness levels. All clients are welcome.
- Scheduled trainers may change based on availability
- If you have any questions, contact us at **613-544-7999** or admin@focuspersonalfitness.com

Class Descriptions

INTERVAL STRENGTH

An energizing and high tempo class that is designed to produce an 'after-burn' effect that can leave your metabolism operating at a higher level of efficiency for hours after you're done exercising.

FUNCTIONAL STRENGTH

This class uses a combination of dumbbells, kettle bells, resistance bands and body weight exercises. Combining core stability and full body functional strengthening exercises in a circuit format to leave you feeling balanced and strong. Functional strength training is not just done to improve your appearance, but can help you more efficiently undertake motions such as pushing, pulling, climbing, walking, sprinting, jumping, twisting, turning, to help you get better at regular day to day activities.

CORE FUSION

Integrating mind/body activities to improve your posture, strengthen your core, tone your muscles, build balance and increase flexibility, all while releasing tension and stress. It also integrates mind/body awareness by involving breathing techniques, attention to form, controlled exercise execution and mindfulness.

STRENGTH AND CORE

Using stability balls, small equipment and your own body weight, you'll tone, and sculpt your entire body to improve your overall fitness level.

PURE STRENGTH

This class includes a variety of weight bearing and loaded exercises, to increase muscular strength and coordination in a functional way. Participants will learn how to use their muscle groups in a way that helps prevent injuries and increases efficient muscular coordination.

YOGA

Gentle stretching and holds designed to open tight muscles and allow you to relax.