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FITNESS CLASSES

DROP IN CLASS

unlimited access included with membership

10 CLASS PASS

must be used within 3 month of purchase
non-members \$120 ^{+HST}

	M	T	W	Th	F	S
MORNING CLASSES	SUPER SCULPT 9:30-10:30 am +jennifer	ZUMBA 9:30-10:30 am +ebi	POWER PUMP 9:30-10:30 am +jennifer	PILATES 9:30-10:30 am +dorri	ZUMBA 9:30-10:30 am +nicky	SUPER SCULPT 9:00-10:00am +stephanie
	STRETCH 10:50-11:20am +jennifer					
	POWER PUMP 6:20-7:20 pm +susy	SUPER SCULPT 6:20-7:20 pm +liana	BOOTCAMP 6:20-7:20 pm +shannon	SUPER SCULPT 6:20-7:20 pm +kellie		
EVENING CLASSES	YOGA 7:40-8:40 pm +susy	CYCLE N' ABS 7:40-8:40pm +liana	YOGA 7:40-8:40 pm +kellie	CYCLE N' ABS 7:40-8:40pm +kellie		

THE GROUP CLASSES

SUPERSCULPT

High reps. Light weights. A wide variety of equipment: bands, balls, steps & dumbbells. Perfect for those who want to tone, shape, lift, and & sculpt their bodies.

BOOT CAMP

An intense group workout that combines both cardio and strength/resistance training to tone and tighten. Although physically demanding, participants of all fitness levels can achieve the results they deserve using the methods of calisthenics and plyometrics.

CYCLE

Why bother with boring, steady-state, all-by-yourself cardio when you have access to this? Pedal fast, cycle slow & spin your way to an interval workout that helps your heart and strips fat fast.

CYCLE N' SCUPLT

A new spin on a couple of old favourites. Start with the bike work you know & love from CYCLING. Then off your seat for calisthenics that will make your class even more complete.

CYCLE N' ABS

A spin class with just as much punch that also targets your abdominals. Increase your cardio intensity and hit your entire core.

STRETCH 30

It's not yoga or Pilates. It's our innovative "stretch & breathe" experience, inspired by both. So now you can balance, enhance & recover from your training more quickly. This class is only 30 in minutes length.

STEP N' ABS

Energetic movement combinations using a step platform for a fun and challenging cardiovascular workout. Options offered for all levels. Add some abs in to get a great workout!

YOGA

This hour-long practice includes traditional breathing & balancing sequences. Guaranteed to send you toward nirvana.

ZUMBA

Ready to party yourself into shape? ZUMBA- effective, exhilarating, easy to follow & joyously Latin-inspired - is here. It's moved millions. You're next.

POWER PUMP

Using the barbell system muscles are strengthened and defined. Each muscle group is targeted for 4 to 4 1/2 minutes. The barbells are adjusted by adding or removing plates. This class is for all fitness levels. Let's build strenght together!

+revised Feb 2021

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