

Fitness Class Descriptions

grow
sport



TRX Suspension Training®;

The TRX Suspension Training® is a workout system that uses body weight and gravity to allow you to perform hundreds of exercises. Whether training for elite performance or just starting out, the TRX will help you simultaneously develop strength, balance, flexibility and core stability. TRX Mixer classes will involve exercises on the TRX straps, with additional exercises using a variety of equipment.

Circuit

The class will have a variety of exercises to build cardio and endurance, with the mix of strengthening exercises in a circuit format. Variety will increase your overall fitness level and ensure muscle balances. Each 60 min class will start with a warm up and end with a stretch. You will be fit for any physical activity you participate in.

Cardio and Strength

During this class you will try a variety of exercises that will get your hear rate up and challenge your strength. Every individual will work with a weight that is right for them. This class will ensure that everyday activities will start to feel easier and less strenuous if attending regularly.

20/20/20

In a 60 min class you will receive 20 minuets of Cardio to get the blood flowing and heart rate up. 20 minuets of Core to tone abdominals as well as create a solid base for your body. 20minuets of Mobility, improve the range of motion of your joints and muscles to improve your posture, which can alleviate everyday aches and pains.

Snow Fit

This workout will prepare you for your favorite winter activity. The sessions focus on improving leg symmetry for balance and control, flexibility around the ankle and hip joints for fluid movement, mid-line stability for stronger landings and lower body power and endurance. The classes provide clear progression over time and, if followed on a regular basis, Snow Fit will soon have you supple with buns of steel!

Muscle Release & Relaxation

Targets the connective tissues of the hips, pelvis and lower spine. The stretches are held for three to five minutes which gives the body an opportunity to open and release tension from deeper tissues. This class is to help prevent injury, correct poor posture, release stress and will ensure you leave relaxed. Everyone is welcome.

ZUMBA®

Zumba® is one of the most popular exercise crazes in recent years, and with good reason! There are many health benefits of Zumba, including its ability to burn calories, work out the entire body, boost the metabolism, increase endurance, boost mood and improve coordination. It is a fun, social dance party with exercise being the biggest perk. The music is fast, upbeat and contagious, so you cannot help but keep moving.

Whistler Athletes' Centre- Performance Hub

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