

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15		Endurance Fitness 6:15 - 7:15 am > Shelly *ⓐ	Endurance Fitness 6:15 - 7:15 am > Shelly *ⓐ		Endurance Fitness 6:15 - 7:15 am > Shelly *ⓐ	
7:15		Endurance Fitness 7:15 - 8:15 am > Shelly *ⓐ	Endurance Fitness 7:15 - 8:15 am > Shelly *ⓐ		Endurance Fitness 7:15 - 8:15 am > Shelly *ⓐ	Endurance Fitness 8:00 - 9:05 am > Shelly *ⓐ
9:00	Group POWER 9:00 - 10:00 am > Cathy *Sign Up Required	Body Pump 9:00 - 10:00 am > Natalie	Group POWER 9:00 - 10:00 am > Cathy *Sign Up Required	Body Pump 9:00 - 10:00 am > Natalie	CORE Fusion 9:00 - 10:10 am > Natalie ⓐ	Group ACTIVE 9:15 - 10:15 am > Pascale ⓐ
10:00		Freedom Weight Loss 10:30 - 11:30 am > Cathy *ⓐ	NEW ZUMBA 10:30 - 11:30 am > Chantel *Sign Up Required	Freedom Weight Loss 10:30 - 11:30 am > Cathy *ⓐ		Group POWER 10:30 - 11:30 am > Cathy *Sign Up Required ⓐ
11:00	HATHA YOGA 11:05am - 12:00 pm > Lisa B. ⓐ				HATHA YOGA 11:00am - 12:00 pm > Lisa ⓐ	Freedom Weight Loss 11:30 - 12:30 pm > Cathy *
12:10	Group CORE 12:10 - 12:45 pm > Sharon	Group POWER 12:10 - 1:10 pm > Sharon *Sign Up Required	Group CORE 12:10 - 12:45 pm > Sharon	Group POWER 12:10 - 1:10 pm > Sharon *Sign Up Required	NEW Circuit Training 101 12:10 - 12:40 pm > Mel *Sign Up Required	
2:30						
3:45	NEW Group ACTIVE 3:45 - 4:15 pm > Pascale ⓐ			NEW Group ACTIVE 3:45 - 4:15 pm > Pascale ⓐ		
4:30	Group Power/ Intermediate Freedom Maintenance 4:30 - 5:30 pm > Cathy *Sign Up Required ⓐ	Freedom Weight Loss 4:30 - 5:30 pm > Cathy *ⓐ	Group POWER 4:30 - 5:30 pm > Cathy *Sign Up Required	Freedom Weight Loss 4:30 - 5:30 pm > Cathy *ⓐ		
5:40	NEW Average Joe's 5:40 - 6:30 pm > Jason *Sign Up Required	NEW BoxFit 5:40 - 6:20 pm > Miriam *Sign Up Required	NEW Average Joe's 5:40 - 6:30 pm > Mel *Sign Up Required	NEW Insanity 5:40 - 6:20 pm > Alexina *Sign Up Required		
6:30	NEW Circuit Training 101 6:30 - 7:30 pm > Mel *Sign Up Required	NEW Insanity 6:30 - 7:30 pm > Alexina *Sign Up Required	NEW PUMP 6:30 - 7:30 pm > Alexina *Sign Up Required	NEW BoxFit 6:30 - 7:30 pm > Miriam *Sign Up Required	NEW ZUMBA 6:00 - 7:00 pm > Chantel *Sign Up Required	

Call the front desk for more details.

All classes are 1 hour in duration unless otherwise stated.

Please Note: SOME classes have limited availability and sign up is required.....

www.freedomweightloss.com

SCHEDULE LEGEND

- ⓐ All
- ⓐ Experienced/Intermediate
- ⓐ Challenging/Advanced

* Must be enrolled in this class. Paid enrollment only.

tel: 613.932.4766 www.physicallimits.com

Watch for new exciting classes on this Schedule!

Come in and try out a Group Fitness Class for FREE!

(Does not apply to any class with an ★). Call or see front desk to arrange a class.

Average Joe's

...NEW

At Average Joe's we have 4 rules. 1) Come as you are. 2) Be yourself. 3) It's about progress, not perfection. 4) All genders and exercise levels welcome. We stretch first, warm up and then go pretty hard for 15-20 minutes. It's always simple at Average Joe's. You must register for this class. See the front desk for details. At Average Joe's we don't care about anything, other than you showing up and sweating. We have a fun get together every year for Average Joe clients and their families. Come sweat, have fun and enjoy.

BODY PUMP

Focused body sculpting with an endless variety of toning moves. Natalie is low-key and sincere - she keeps it interesting and unusually effective by combining muscle groups to challenge and improve your core and functional strength. Natalie inspires careful form and correct posture with detailed and friendly cuing throughout. The class concludes with a relaxing stretch. FOR ALL FITNESS LEVELS.

BoxFit

...NEW

With over 10 years of boxing training, including 3 Amateur boxing matches, Miriam promises a fun class of traditional boxing. You will learn proper technique including hand wrapping, footwork, and of course, how to properly throw a punch! No sparring, just bag work, mitt work, and cardio! Come get out your stress, challenge yourself, burn off fat & calories, and have FUN doing it! For ALL Fitness Levels! **Please purchase hand wraps prior to class. Available at Physical Limits for \$14.99 + HST.

Circuit Training 101

Come get that final workout in before the weekend. Circuit Training 101 will allow you to work with weights and get in a great cardio workout in just half hour, with high intensity and endurance, training your body to be the best it can be! For ALL Fitness levels! Come join the fun!

CORE Fusion

CORE Fusion allows you to focus on improving your athletic performance, by training to develop a strong Core from your shoulders to your hips, help to prevent back pain, and give you ripped abs! Expert Coaching and Motivating Music will guide you through each functional and integrated exercise using body weight, weighted plates, a towel and a platform to challenge you like never before! 30 minute class, with an option to stay for the remaining 30 minutes to push your body further with either weights, low impact step, or additional stretching! Come and try Nat's class, you won't leave disappointed!

Endurance Fitness

This group fitness class is designed for all fitness levels and will change your life. Alternating muscle groups and conditioning keeps your heart rate up to build muscle and increase fat burning. You choose your own level and build from there. You will be using all kinds of fitness equipment in this fun and vigorous class.

FREEDOM WEIGHT LOSS (Paid enrollment only)

This program is taught by one of the most caring health professionals in the Cornwall area, Cathy Bourgon. This program was developed specifically for quick and extreme weight loss and has left the Cornwall area in awe with it's results. This ground breaking program is based on a very specific diet and exercise program that helps each client lose between 15 to 25 lbs per month. Call Mari or at Physical Limits today for more information on this Revolutionary program. BEGINNER & INTERMEDIATE LEVELS.

GROUP ACTIVE

...NEW

ACTIVATE YOUR LIFE in only 1 hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, GROUP ACTIVE will increase your CARDIO FITNESS, BUILD YOUR STRENGTH and IMPROVE YOUR BALANCE and FLEXIBILITY. All in a supportive group environment, with motivating music and caring instructors. GET MORE OUT OF LIFE - GET ACTIVE! FOR ALL.

GROUP CORE

Let's get HARD CORE! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before. REACH YOUR PEAK with Group Core! FOR ALL FITNESS LEVELS.

HATHA YOGA

Join Lisa for a beautiful mix of Pranayama breath practice. She incorporates yoga flows for flexibility and movement, standing and seated postures for strengthening the mind/body and meditation. A gentle practice that will go as deep as the individual will take themselves. This class is geared for everyone regardless of capabilities. Yoga increases your oxygen intake, aids with digestion and muscle tension. Taking care of your body/mind will help you create the life you dream of. FOR ALL FITNESS LEVELS.

Insanity

...NEW

A revolutionary Cardio based Total Body Conditioning program, interval training. Alexina will push you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. For All Fitness Levels! Come join Alexina for this FUN and energetic class!

GROUP POWER

GROUP POWER is your HOUR OF POWER! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, GROUP POWER is for ALL AGES AND FITNESS LEVELS.

NEW EXERCISERS will be successful in GROUP POWER because of the simplicity of the class. It is a great starting point to develop strength and confidence. Even the SERIOUS WEIGHT TRAINERS of the world marvel that GROUP POWER is great to work the muscles a different way. GROUP POWER is fantastic for WOMEN because it is a form of weight-bearing exercise, which is proven to reduce the incidence of osteoporosis. GROUP POWER is perfect for the TIME-PRESSED EXERCISER. 2-3 times per week is all you need to get great results fast! It is perfect for CROSS TRAINERS who want to add strength training into their workout. With Sharon and Susan. FOR ALL FITNESS LEVELS.

DISCOVER RESULTS - DISCOVER GROUP POWER!

PUMP

...NEW

PUMP Is a Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, PUMP will give you a total body workout, burning up to 540 calories per class! For All Fitness Levels!

ZUMBA

...NEW

Come enjoy Zumba with Chantel, as she incorporates music with dance moves. As a trained dancer, dancing with BCDC, she will incorporate interval training — alternating fast and slow rhythms — engaging a wide range of muscle groups. This class will increase your energy and motivate you to keep going to achieve your fitness goals, shape your body, and tone your muscles. It is absolutely an entertaining type of workout, and you will enjoy every minute of it!

New Group Fitness Participants... All of our classes are categorized for "ALL FITNESS LEVELS", as they are suitable for newcomers to group fitness classes, however, if you are ready to work at an Intermediate or Advanced level, there are plenty of options offered in each class to make your workout more intense!

Remember: be patient... group fitness takes skill, and if you are persistent, the steps will become easier and you will truly enjoy this exciting way to stay in shape. If you are new, please try to show up 10 minutes early to your scheduled class and let your instructor know before the class that it is your first time. Rest assured that no matter what class you attend, you are encouraged to go at your own pace. Our instructors are well qualified to ensure that your workout is beneficial and safe. Feel free to consult them in private... before or after a class. Physical Limits reserves the right to increase or decrease the number of classes and/or the times they are offered.