

Class Descriptions

Classes at Fit Journey are approximately 60 minutes, and are on a drop-in basis, unless otherwise noted. We respectfully ask that you not wear scent, and that you arrive 5 – 10 minutes before the class is to begin. Cell phones are to be turned off during class time.

YOGA

Yoga for Runners with Sandy LeBlanc

No matter where you're at in your training cycle, incorporating yoga will help! Special focus on releasing tight hips; lengthening sore hamstrings, calves & lower back; strengthening the core; and lessening imbalances in the body. Considered by many endurance athletes to be injury prevention & cross training combined with a great stretch.

Gentle Yoga with Sandy LeBlanc

Does your body feel creaky? If you like the sound of yoga's benefits (flexibility, strength, relaxation) but don't know where to start, this is the class for you! This is a gentle, well-instructed introduction to Hatha yoga, with modifications for every level. You'll learn the basic postures, breathing techniques, and find yourself relaxed & refreshed when done!

Hatha Level I/II with Sandy LeBlanc

Hatha Yoga is a practice of the fundamental yoga postures (asana), co-ordinated with the breath in a flowing manner, as well as mindful breathing (pranayama). Level 1 incorporates lying, seated and standing postures, including balance. Level 2 layers on more advanced versions of these postures, including backbends, arm balances and inversions.

Yin Flow with Denise Ho

Interested in a slow, passive practice, and, also need to release those over-used and under-stretched muscles? **Yin Flow** blends traditional Hatha vinyasa practice (to develop muscular strength and stamina) with Yin yoga. We stimulate circulation with vinyasa, and then slow it right down with Yin to release tension in your connective tissues, calm the nervous system while stimulating blocked energy channels to promote healing. Thai yoga massage techniques are also used to encourage release and healing.

Yoga Core with Sandy LeBlanc

Strengthening your core takes more than doing crunches! Create a fully integrated body through releasing unbalanced tension in shoulders, upper & lower back and hip flexors; and then strengthening your abdominals, hips, glutes, low back with fluid movement into and out of intensity.

Yin-Restorative Yoga with Denise Ho

This class combines the quiet, yet powerful practice of yin yoga with the healing, rejuvenating practice of restorative yoga. We begin with yin poses that focus on the connective tissues of the hips, pelvis, and lower spine before exploring deep rest and relaxation in fully supported restorative poses. Thai yoga massage techniques are also used in this class to further help the energy lines open up to encourage healing. Everyone is welcome, including those with no previous yoga experience. This class will be especially beneficial for those experiencing stress, fatigue, anxiety and insomnia, as well as anyone looking to step away and unwind from the frenetic pace of daily life. This is a 75-minute class.

Meditation Basics (Series not currently on the schedule)

Meditation has tremendous benefits: calming the mind, lowering blood pressure, easing emotional pain, reducing stress. Learn how to incorporate breath and meditation into your day, developing your own home practice. Learn how to be okay in the 'Now' – not fretting about yesterday nor stressing about tomorrow. **Pre-register.**

FITNESS

Boxing Fundamentals with Lee Danes

Step up your fitness routine, big time, with Lee Danes ('Boxing Ontario' coach). Lee takes a technical approach & creates a challenging workout – be prepared to sweat! Learn the fundamentals for punching, footwork, defense, combinations, and finish with an effective stretching routine. **Pre-register:** 8-week series, Thursdays 6:30pm.

Boxing Level II with Lee Danes

Feel like a boxer; think like a boxer – strength, technique, strategy.

"The Agony & The Ecstasy" – for those who've taken Fundamentals or similar with Lee Danes. Take it up a big notch with this class. Expect challenging sequences & progressive drills. Build precision & strength, hone your strategy and sweat up a storm. **Pre-register:** 8-week series, Saturdays 1:00pm

Cross Train Runners with Sandy LeBlanc / Moyan Olejko

Cross training for endurance athletes is a must – open your hips, even out the imbalances, and build strength and power, improve your posture, push cardio to anaerobic, strengthen your stabilizers. It's an intense workout with TRX, Kettlebells, free & body weight, ending with 15 min of yoga and stretching. **Pre-register:** 8-week series to build skills and strength, pick your day/time (5 class options per week).

Mindful Fitness for Aging Well with Sandy LeBlanc

As we age, we know we need to work even harder at building muscle mass, and maintaining bone density. If you're looking for a fitness class that is designed around safety, good form and fun, this is for you. Working in a small class format to ensure individual direction on postural form and the correct mechanics of the exercises to protect the joints, we use body weight, TRX, small free weights, balls and bands to safely and effectively exercise your legs, hips, back, chest, shoulders and arms, and most importantly, your core.

Stott® Intermediate Pilates with Beatrix Nagy

The Stott Pilates method of exercise is designed to restore natural spinal curves & rebalance muscles around the joints, while building strength. There is particular emphasis on Breathing, Pelvic/Low Back, Rib Cage, Scapulae (shoulder blades) and Head & Neck placement. Stott Pilates is safe, highly effective and intelligent exercise. Beatrix takes you through the essential and intermediate exercises using various props - the mini stability ball, flex band, foam roller and block. (Fit Journey provides all props, just bring yourself!) Beatrix leads you through the basic introduction to the 5 principles, helping you to achieve neutral, tension-free body alignment. And you'll find yourself correcting your posture and finding greater ease in your body as you go about your day.

Women's Tone-up with Sandy LeBlanc

Want to reshape your shoulders, arms, tummy, butt and legs? Small-class format with like-minded women who don't want to go into a big gym to train. Work with TRX, free weights, kettlebells and body weight to change your body, spike your metabolism, and give you energy. Note that weight-bearing exercise helps to prevent osteoporosis (degeneration of bone density, which affects 1 in 4 Canadian women).