



# JULY 2022 Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am – 7:00am			Bootcamp (In person & Online)		Strong Nation™ (In person & Online)	
8:30am – 9:15am						Strong Nation™ (In person Only)
9:30am – 10:30am	Yoga Fit (In person & Online)	Bootcamp (In person Only)		Step & Sculpt & Sport (In person & Online)	Kickboxing (In person Only)	
5:30pm - 6:30pm	Bootcamp (in person only)		Strong & Stretch (In person & Online)			
7:00pm – 8:00pm		Kickboxing (In person Only)		Battle Box Rumble (In person Only)		

\*schedule subject to change

**Strong Nation:** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Bootcamp:** Designed to help improve muscular strength and increase stamina by using resistance equipment and body weight! This class will challenge all major muscle groups to help you become stronger. Build self confidence & that voice in your head getting louder, saying 'I CAN.' We incorporate many drills to hit cardio endurance as well as strength!

**Kickboxing:** Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. In Person only because we have the equipment here!

**Battle Box Rumble:** This class is a mix up to the regular Kickboxing class! Open to Kickboxing passes as well as all access passes this class is designed to push your limits with Battle ropes and a punching bag that create a dynamic duo and the perfect training combo!

**Step & Sculpt & Sport:** A mixture of upbeat, rhythmic stepping, with squat/lunge patterns to work legs. Combined with movements like burpees, push ups and weight exercises, and the result is a fun, uplifting, full-body workout! Options so that everyone leaves feeling successful.

**Strong & Stretch:** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. To conclude the class, we will cool down with Yoga stretching.

## Fitness Refund Policy:

- 30 days written notice must be given to cancel monthly membership
- 4 hours notice must be given to cancel individual classes
- No refunds on punch cards
- When cancelling classes or memberships, fees will be pro-rated and the balance will be refunded:
  - 100% if refunding to account, 90% if refunding to cheque.
- Refund due to medical reason must be accompanied by a doctor's note.

Register online at  
[www.freezeathletics.com](http://www.freezeathletics.com)  
/registration