

# Ron Zalko Fitness Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM							
8:15 AM	Flow Yoga	Flow Yoga	Hatha Yoga	Hatha Yoga	Flow Yoga		
8:30 AM						Power Pacing*	
9:30 AM	Core Conditioning	RZ Low	Total Body Training	Total Body Conditioning	RZFB	RZC	RZC
10:30 AM					Stretch	Pilates Core Challenge	Restorative Yoga
11:30 AM						Boxerfit* (12-1PM)	Pilates
12:30 PM						Karate* (1-3PM)	Flow Yoga
3:45 PM							
4:30 PM	Yoga Pilates Fusion			Power Step (4:45)	Warrior Workout		
5:30 PM	RZ Athletic Step	RZC	RZC	Pilates	Power Yoga		
6:00 PM	Power Pacing*		Power Pacing*	Power Pacing*	Orientation By Appointment		
6:30 PM	RZC	Boxerfit*	Complete Core	Boxerfit*	Karate* (6:45)		
7:30 PM	RZ Dance Sculpt	Fierce Yoga	Power Yoga	RZ Dance Sculpt			
8:30 PM	Hatha Yoga	Karate*	Restorative Yoga	Karate*			
9:30 PM	Kickboxing		Kickboxing				

**CLUB HOURS**

MON - THURS	6 AM - 10 PM
FRIDAY	6 AM - 8 PM
SAT	8:15 AM - 6 PM
SUN	8:15 AM - 5 PM

**PLAYCARE HOURS**

MON - SAT	9 AM - 12 PM
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\* Class Fees Apply

## Ron Zalko Total Body Fitness And Yoga

1807 West 1st Ave. Vancouver, B.C.

604.737.4355

www.ronzalko.com

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<b>POWER STEP</b>	Maximize your workout with 20 minutes of advanced step choreography and 20 minutes of core sculpting.
<b>WARRIOR WORKOUT</b>	This is the fit and tight workout! It involves full body conditioning with weights and bands, and core strength and cardio intervals will be mixed within this Warrior Workout!
<b>COMPLETE / CORE CONDITIONING</b>	Functional and effective exercise designed to increase full body awareness resulting in superior athletic preparation. Whether you are training for a sport or simply a fitness enthusiast, this class will challenge you with progressive movements to enhance stability, balance and core strength.
<b>PILATES CORE CHALLENGE</b>	This class incorporates basic Pilates principles into a challenging workout using resistance, stability and stretching exercises that use your own body weight, in addition to various equipment such as bands, light weights and body balls. This series of exercises will work through the entire body, with a focus on challenging the core muscles, using proper form and alignment. Modifications are provided for all levels.
<b>FLOW YOGA</b>	An Ashantanga Vinyasa based yoga that integrates movements with deep abdominal breathing. Flow yoga modifies the poses for greater safety and gives lots of options in each pose so that everybody can feel uniquely and successfully challenged. This class brings the perfect balance to the body and mind.
<b>HATHA YOGA</b>	Hatha yoga attempts to balance mind and body via physical postures or "asanas", controlled breathing, and the calming of the mind through relaxation and meditation.
<b>KICKBOXING</b>	A class that focuses on the fundamental techniques of kickboxing while improving cardio strength and flexibility. Students will learn techniques such as jab, punch, hook, uppercut, duck, weave and a variety of kicks. The class also offers varied curriculum of target training, bag work, fighting combination and sparring.
<b>PILATES</b>	An exercise program that targets the deep core muscles. Through regular practice, you will increase strength and elongate the muscles that work to maintain good posture, improve performance in sports and fitness, prevent injuries, increase coordination and stability, and lead to an longer and leaner physique. This is a mixed level class with a focus on safe movements, proper form, alignment and breathing techniques and increasing overall body awareness.
<b>POWER PACING</b>	An indoor cycling session that combines aerobic and anaerobic training, building each rider's strength and conditioning levels.
<b>POWER YOGA</b>	This class is characterized by the practice of a series of yoga poses without stopping and accompanied by Vinyasa or riding breath, in order to flow from one pose to another. It is vigorous exercise that physically and mentally challenges you in order to help you connect to your inner power.
<b>RON ZALKO CLASSIC (RZ, RZC)</b>	Copied by many, equaled by none! This complete body workout focuses on all the major muscle groups and includes a cardio cross training segment. The perfect workout for all fitness levels!
<b>RON ZALKO FAT BURNER (RZFB)</b>	A combination of high and low impact aerobics with and extended cardio segment. It is the ultimate fat burning workout!
<b>RZ LOW</b>	A cardio class for all fitness levels. It combines simple, power-based, non-impact choreography with a combination of strength training to increase muscular strength and endurance.
<b>STEP</b>	This class performs high intensity, low-impact movements choreographed on step.
<b>TOTAL BODY TRAINING / CONDITIONING</b>	Get a complete body conditioning workout from an experienced personal trainer that will work every muscle group to the max in this time efficient and effective class using dumbbells, body balls and your body weight.
<b>FIERCE YOGA</b>	This style of Yoga focuses on alignment, flexibility and strength but is designed for all skill levels. The instructor will guide your the body through a standing series of postures to increase balance, followed by a floor series to strengthen the spine and flush out the joints, taking the body through a head to toe workout. Feel rejuvenated, calm and centered after the class.
<b>YOGA PILATES FUSION</b>	A low-impact class combining core strengthening, elongation of the spine and postural awareness with the flow of Yoga Asanas (postures). You will stretch, strengthen and lengthen to crease a more flexible mind and body.
<b>BOXERFIT</b>	A unique class that encompasses all aspects of fitness while teaching you self-defense skills. You will learn the same punches and techniques used by today's world-class boxers in a fun, friendly, exciting atmosphere. Whether it's to lose weight, learn self-defense, or add variety to your workout, BOXERFIT is right for you!
<b>RESTORATIVE YOGA</b>	This practice is designed to be therapeutic, and is ideal for those recovering from injuries or illness, as well as those looking to reduce stress and relax. It involves deeper stretching with a special focus on hip openers. Restorative Yoga will also help improve flexibility for athletic performance and is designed for all levels.
<b>RZ DANCE SCULPT</b>	High intensity, effective and fun! You will flow from the dance warm up to the energetic cardio portion to the body sculpt and core segments for a complete and invigorating workout.