

NEW YEAR, NEW PROGRAMS

We're giving you the gift of fitness with our 6 week Fitness Sample Series!

January 3 - February 12

Did you know it takes 6 weeks to form a habit?

We're helping you kick off the New Year the right way with our 6 week Sample Series. Try out our new fitness classes and our new WellBeats Virtual Fitness System at the Accora Centre, *free of charge!*

More Info

The 6 week Fitness Sample Series features instructor led fitness classes, such as Drum Fit, Core Conditioning, Aqua Fit, Yoga, HIIT training, and more! It will also feature a wide variety of classes from our new WellBeats system. WellBeats is a Virtual Fitness System that allows users to choose from hundreds of fitness classes for all levels of experience.

How do you get involved?

To participate in the Sample Series, please register ahead of time, as space is limited. To register:

Call 613.828.6642

E-mail play@accoravillage.com

Drop by the Accora Centre at 98 Woodridge Crescent

Class Schedule

Fitness Sample Series Schedule: January 3 - February 12						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kinetics - Metabolic Conditioning 6:30am-7:00am	Fusion - Pilates/Yoga 6:30am-7:00am	Definitions - Straight Sculpt 6:30am-7:00am	Fusion - Pilates/Yoga 6:30am-7:00am	Stomp - All Around Step 6:30am-7:00am	
	Express - Fast, Efficient Fitness 7:30am-8:00am	Express - Fast, Efficient Fitness 7:30am-8:00am	Express - Fast, Efficient Fitness 7:30am-8:00am	Express - Fast, Efficient Fitness 7:30am-8:00am	Express - Fast, Efficient Fitness 7:30am-8:00am	
						Cross-Fit Boot Camp 9:00am-10:00am
	Drum Fit 10:00am-10:30am	Transitions 45+ 10:00am-10:30am	Drum Fit 10:00am-10:30am	Aqua Fit 10:00am-10:45am	Transitions 45+ 10:00am-10:30am	
Aqua Fit TMC 12:00-12:45PM		Fusion- Pilates/Yoga 12:15am-12:45am		Gentle Flow Yoga 12:15am-12:45am		
	Express - Fast, Efficient Fitness 1:00pm-1:30pm	Express - Fast, Efficient Fitness 1:00pm-1:30pm	Express - Fast, Efficient Fitness 1:00pm-1:30pm	Express - Fast, Efficient Fitness 1:00pm-1:30pm	Express - Fast, Efficient Fitness 1:00pm-1:30pm	Beginner Yoga 1:00pm-2:00pm
	Total Body Bar 2:00pm-2:30pm					Power Yoga Vinyasa 2:00pm - 3:00pm
	Definitions - Straight Sculpt 3:00pm-3:30pm	Stomp - All Around Step 3:00pm-3:30pm	Fusion - Pilates/Yoga 3:00pm-3:30pm	Kinetics - Metabolic Conditioning 3:00pm-3:30pm	TKO - Kickboxing Conditioning 3:00pm-3:30pm	
				Kid Fit 4:00pm-4:30pm		
	TKO - Kickboxing Conditioning 6:00pm-6:45pm	Kinetics - Metabolic Conditioning 6:00pm-6:45pm	Transitions - 45+ 6:00pm- 6:45pm	Zumba 6:00pm-6:45pm	Fusion - Pilates/Yoga 6:00pm-6:45pm	
	Cooperative Core Conditioning 7:00pm-8:00pm	Yin/Yang Yoga 7:00pm-8:00pm	Mud Hero Training Camp 7:00pm-8:00pm	High-Intensity Interval Training (HIIT) 7:00-8:00pm		
	Wellbeats Led Class					
	Instructor Led Class					

