

# November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>2</b>	<b>3</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>4</b>	<b>5</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>6</b>
<b>7</b>	<b>8</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>9</b>	<b>10</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>11</b>	<b>12</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>13</b>
<b>14</b>	<b>15</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>16</b>	<b>17</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>18</b>	<b>19</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>20</b>
<b>21</b>	<b>22</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>23</b>	<b>24</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>25</b>	<b>26</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>27</b>
<b>28</b>	<b>29</b> 6:30-7:30 Morning Blast 12:10-12:50 Lunch Crunch 5:30-6:15 Abs/Core 6:30-7:15 Body Blitz	<b>30</b>				

## Group Classes

- Morning Blast 6:30-7:30  
Our morning blast class combines moves and stances developed from a range of self-defense disciplines, such as karate, boxing and kick boxing. Its an energetic experience taught in a safe and simplistic manner. This 60 minute workout is designed to fight fat and kick calories. Its and awesome cardiovascular workout that's all out fun.
- Lunch Crunch 12:10-12:50 & Body Blitz 6:30-7:15  
These classes are all about total body conditioning, where balance is the key to exercise success. The class will combine resistance training with high-intensity cardio intervals. The steps are simple, but high intensity. Alternatives to each movement are demonstrated by the instructor, allowing you to regulate your workout to meet your individual needs and abilities.
- Ab/Core 5:30-6:15  
This 45 minute class is designed to target your core & give you the lean toned abs you've always wanted. Using a combination of the stability ball, mat, and Pilates based moves, after this class your abs will definitely feel the burn.
- Pilates (coming dec. 1)  
In this class you will work the abdominals and spinal muscles while improving awareness of body placement and the role of the breath. In addition to improving body awareness, this class will help to increase core strength, posture, body alignment and flexibility.



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