

IRON HEART GYM Schedule

Gym Hours: Mon-Fri 5-10 Sat 7-9 Sun 8-9 Childcare: Mon-Fri 8-1/ 4-8 & Sat 9-1

#2-5400 24th St. Vernon BC V1T 9W2 Phone: 778-475-3539 Web: www.ironheartgymvernon.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	STRENGTH HIIT GENEVIEVE	SPIN & TRX SEAN	BOOTCAMP GENEVIEVE	SPIN & TRX LEIGH			
7:45	BOOTCAMP (light) HAILEY		BOOTCAMP (light) BROOKE		BOOTCAMP (light) HAILEY		
9:00	STRENGTH HIIT GENEVIEVE	TRX BOOTCAMP GENEVIEVE	STRENGTH HIIT GENEVIEVE	SPIN & TRX GENNY	BOOTCAMP GENNY	STRENGTH HIIT GENNY	SPIN & TRX HAILEY
10:00	STRENGTH HIIT HAILEY	*COMING SOON!!!! ALL SPIN WITH GENNY STARTING SEPT 10 TH !	STRENGTH HIIT GENNY	YOGA THERAPY CHRISTINE	STRENGTH HIIT MELISSA	10:30 BOOTCAMP GENNY	10:30 YOGA THERAPY CHRISTINE
12:10	BARBELL COMPLEX GENNY		BOOTCAMP GENNY		STRENGTH HIIT GENNY		
4:30		BOOTCAMP KIM					
5:30	SPIN & TRX GENNY	STRENGTH HIIT KIM	SPIN & TRX SEAN	STRENGTH HIIT GENEVIEVE			
6:30	*COMING SOON!!!! BOXING WITH TONY STARTING SEPT 16 TH !		*COMING SOON!!!! BOXING WITH TONY STARTING SEPT 16 TH !				
7:30		YIN YOGA CHRISTINE					

>>>ALL CLASSES ARE *FREE* FOR MEMBERS AND INCLUDED IN YOUR MEMBERSHIP! RATES START AT \$49/MONTH WITH NO SIGN UP FEES EVER! NON-MEMBER DROP IN'S ARE ALWAYS WELCOME - PUNCH PASSES \$80/10 & SINGLE DROP IN'S ARE \$11/DAY PASS<<<

CLASS DESCRIPTIONS: ALL CLASSES ARE 45 OR 55 MINS AND INCLUDE A DYNAMIC WARM UP AND COOL DOWN STRETCH. PLEASE SHOW UP A MINIMUM OF 10 MINS EARLY TO GET SET UP AND READY TO GO! NO PRE-REGISTRATION IS NECESSARY, BUT SPACE IS LIMITED, FIRST COME, FIRST SERVE!

BOOTCAMP: This class is truly the “Heart” of Iron Heart Gym, it’s how we got started!! Iron Heart Bootcamp has been going strong for 6 years straight and we are SO excited to now offer it as a FREE and included on the schedule class that has it all! Get in and out in an efficient, effective, challenging, intense, fun but safe full body strength and cardio workout that incorporates weights, kettlebells, the TRX suspension system, battle ropes, wall balls, sandbags, bodyweight and so much more! A little different every time, we like to keep it super fresh! All our classes are taught by experienced Certified Personal Trainers so we can customize each workout with modifications and progressions to suit your needs!

BOOTCAMP (light): This class is designed to get your heart rate up and your body moving! First half is cardio and strength, second half is devoted to your core. This version of Bootcamp is a less intense class, suitable for all levels especially those just starting out or who are looking for a class with less intensity than our other classes!

TRX BOOTCAMP: This class is a gym fav!!!! Just your body and the TRX and a LOT of sweat! This class uses the TRX & your bodyweight only which makes it great for all levels because YOU decide how hard to make it. Super high intensity/high impact or keep it cool/low impact – you decide – but this class is known for being a rowdy party so come prepared to have a LOT of fun!!!

STRENGTH HIIT: This popular class is either a 45 or 55 min intense full body strength training and metabolic conditioning workout custom designed to get you really strong and really fit. You've heard of HIIT? Well this takes HIIT and steps it up a notch to HIRT! High Intensity Resistance Training would be a more accurate name! According to the most recent research, HIRT is the BEST thing you can do for your body if you want to burn fat, build lean muscle and create an optimal hormonal response!!! The workout uses barbells, hand weights, plates, risers & bodyweight all done in HIIT interval format. High intensity, high energy, but low impact with lots of options makes this a class for everybody. Extremely effective at burning fat and building muscle AND you'll have a great time doing it!! Classes are custom designed in house to suit YOU the people and THIS is what makes our classes so special and sooo good!!!

BARBELL COMPLEX: This is our “simplest” class in programming but it's nothing but simple – prepare to sweat like crazy and feel seriously worked!! This is THE class for those looking to burn fat and build lean muscle and get an intense, effective metabolic “cardio” workout cleverly disguised as weight lifting for the traditional cardio haters among us!! Another great example of HIRT or High Intensity Resistance Training!!! This is the fastest, most efficient way to get a LOT of awesome workout action done in a little amount of time. Who doesn't want that?!

SPIN & TRX: At Iron Heart Gym, we take our Spin classes very seriously!! They have to be nothing short of amazing. Super sweaty. So good you get lost in it, you know??! We require motivating “real” non-canned music that is a perfect blend of the hottest newest songs plus classics that we all seriously love and are inspired to pedal hard 'n fast to! We dim the lights, pull the blinds and follow the rhythm of the music. Our lovely, inspiring & crazy instructors lead us through a 45 min or 55 min class. Great for all levels, YOU are in control of the tension! *9 AM & 5:30 PM CLASSES - TRX PORTION IS OPTIONAL! EXPECT A 45 MIN SPIN WITH A TRX FINISHER AT THE END :) But, you’re going to want it :D

ALL SPIN: All Spin! Just like Spin & TRX but without the TRX section! So that means MORE Spin time!!! ALLLLLL the spin! 55 mins of pure sweaty bliss that will leave you feeling so happy, strong and fit!

BOXING: Come train like the pro's with an NCCP Accredited Coach, Antony Stambouliegh!! This class is the REAL deal, the one you've been looking for – a mix of skills training and classic boxing cardio/conditioning. We've got multiple heavy bags, balls, ropes, weights, skipping, footwork drills, and so much more going on, you will look and feel like a real fighter!! It is for everybody, all ages, men and women, from 11 years to adult! *Boxing starts again September 16th!

YIN YOGA: This class is based up a series of long held passive connective tissue stretches which will allow the student the necessary 1-5 minutes to release the built up tension and stress located throughout the body. Some heat generating poses may be included. This class is a perfect compliment to our busy life as Yin offers a pathway to calming the mind, slowing the breath and relaxing the body. New to Yoga? This class is for you! It's for everybody, good for all levels even those who have never done Yoga before!

YOGA THERAPY: This class includes centering, breathwork, physical poses, flowing movements/vinyasa, Yang and Yin Poses and total body relaxation techniques. In addition, props like blocks, bands and balls will be used to make the poses work best for every single participant and their unique needs. New to Yoga or very “inflexible”? Then get in here! This will be the perfect way to start loosening yourself up and learning to relax your body and mind.