

## FLEET FITNESS AND SPORTS CENTRE | CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0830	FLEET STRENGTH	FLEET CONDITIONING	FLEET STRENGTH	FLEET CONDITIONING	
0830-0930	SPTP (FORCE Prep)	SPTP (FORCE Prep)	SPTP (FORCE Prep)	SPTP (FORCE Prep)	*SPTP (FORCE Prep)
1200-1300	VINYASA FLOW YOGA		VINYASA FLOW YOGA		DEEP FLOW YOGA
	FLEET STRENGTH	FLEET CONDITIONING	FLEET STRENGTH	FLEET CONDITIONING	

\*A FORCE Familiarization session is conducted twice monthly on the second and last Friday of each month.

### SPTP (FORCE PREP)

*Voluntary participants are required to do an intake*

A 12-week periodized program which focuses on preparing for the FORCE Evaluation by breaking down the four tasks into basic movements. Participants will notice an emphasis on cardio and strength to supplement their performance in the 20 meter rushes and sandbag drag. Although originally designed and mandatory for members who did not meet the minimum FORCE Evaluation standard, this class might be suitable for you if you've been unsuccessful in the past, are unfamiliar with the FORCE test or are simply looking to build confidence in this area.

### VINYASA FLOW YOGA

Vinyasa means flowing with breath. This class will raise your heart rate, build strength and balance while energizing your body through sequenced poses. Vinyasa flow is offered for all fitness levels with modifications provided. Mats and props are provided.

### DEEP FLOW YOGA

A slowed down vinyasa flow. Focus on flexibility and joint health while moving through familiar yoga poses. Connect with your breathe while holding stretches and learn to listen to what your body needs. Mats and props are provided.

### FLEET CONDITIONING

Ditch the cardio room and improve your cardiovascular fitness in this conditioning class which utilizes steady state cardio, moderate to high intensity interval training, circuits and carries. Create a balanced week of training by combining this class with "Fleet Strength".

### FLEET STRENGTH

A strength and power focused class based on planned variation, the seven functional movement patterns (push, pull, squat, lunge, hinge, rotation and gait), technique breakdown and skill progression. Emphasis is placed on proper form and safe lifting to build confidence in weightlifting. For balanced results, it's recommended that participants complete their training week with "Fleet Conditioning".