



# Candle Lake Fitness Classes By Joyce

SPRA Certified Instructor

All classes are offered in a safe, encouraging, motivating, all inclusive, non-judgemental environment; providing plenty of modifications to meet everyone's abilities and skill level.

We participate in varieties of Low Impact, HITT (high intensity interval training), Circuit Training, BARRE and cardio endurance.

We provide and utilize various equipment to keep our classes fresh and challenging; using Bender Ball, weights, Glider Discs, rope less jump ropes and exercise bands.

Classes:

**FITNESS FOR ALL:** offers a balance of low impact cardio, muscular strength and endurance while incorporating components of resistance, flexibility, core work and mobility, ending with a relaxing cool down.

**BARRE ABOVE:** is deigned to "Everybody". A muscular endurance workout targeting your core, glutes, hips, shoulders and every muscle in between with a focus on alignment and balance.

Check the Candle Lake Community Newsletter for dates and times.