




FALL 2021 FITNESS & FUN SCHEDULE

SEPTEMBER 1st-DECEMBER 21st

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530am				CORE FUSION			
630am	(7am) SPICES KICKBOXING LADIES CLASS ~Pads, Conditioning, & Heavybag (Sparring 8-830am)	ADULT GYMNASTICS	SWEET STRENGTH	SPICES KICKBOXING ~Heavybag Class	SPICY PAPRIKA BOOTCAMP	ZUMBA Fitness	(7am) SWEET STRENGTH
930am		BOOTCAMP (alternates between Mondays & Tuesdays)		SWEET STRENGTH (alternates between Wednesdays & Thursdays)			
1015am	CANGYM GYMNASTICS ~Active start (Ages 3-5 years) (60 minutes)						
1130am	CANGYM GYMNASTICS Levels 1-3 (Ages 5-7 years) (90 minutes)						
400pm		CANGYM RECREATIONAL GYMNASTICS ~Levels 4+ (Girls Ages 8-12) (90minutes)	KICKBOXING KIDS~NINJAS (Ages 6-8 years) (90minutes)	KICKBOXING KIDS (Ages 9 years+) (90 minutes)		CANGYM RECREATIONAL GYMNASTICS ~Levels 4+ (Girls 8-12) (90 minutes)	
530pm				YOUNG ADULT GYMNASTICS CLASS (Ages 15-25 years)			

What's on the SPICES FITNESS Menu?

SPICES FITNESS SMALL GROUP TRAINING CLASS DESCRIPTIONS

SPICES KICKBOXING	SPICES KICKBOXING- ~MEN'S, WOMEN'S & TEEN CLASSES (Ages 12+)	Train like an athlete, learning authentic Kickboxing and Muay Thai through high energy exercises, drills, and combinations. A portion of the class is heavy bag or target pad work, complemented by full body conditioning using body weight exercises and various fitness tools to work all energy systems. Pad Holding Classes will use partners and target pads to learn upper body and lower body strike combinations as well as defensive techniques. Sparring classes add a defensive component with more complex blocking and progression into more advanced sparring. Students in these classes qualify to a part of the Spices Kickboxing Colored Glove Level Program.
	SPICES NINJA KICKBOXING KIDS (Ages 3-12)	A fun class in which children learn the basics of physical fitness and Kickboxing, and as they develop more advanced physical abilities, add on more dynamic movements incorporating Kickboxing stunts and gymnastics skills. Students in this program qualify to be a part of the Kickboxing Colored Glove Level Program.
	SPICES KICKBOXING GLOVE LEVEL PROGRAM (ALL Ages~ 6+ to adult inclusive)	All students registered in either the Ninja Kids or Kickboxing Men's/Women's/Teens classes qualify to be a part of the Spices Kickboxing Glove Level Program. The goal of the SPICES Kickboxing Program is to provide a fun environment in which students can learn authentic Kickboxing skills, work on all areas of physical fitness, and build an altruistic character. Martial Arts are used as a means to positively focus energy, teach respect for self and others, help build self-esteem, and foster the development of body awareness. Hard work and discipline are rewarded. Students will start by learning the basic techniques of Kickboxing, progressing by mastering the technique of more advanced skills, and taking a formal test to move through nine colored glove levels similar to martial arts belt testing.
SPICES GROUP CONDITIONING CLASSES	SWEET STRENGTH (ladies only) SALTY STRENGTH (coed)	Focus on the foundations of fitness, building Muscular Strength and Endurance through this full body workout class which uses various training tools to challenge every muscle in your body to keep you feeling strong and confident.
	PAPRIKA BOOTCAMP (ladies only) ALL SPICE BOOTCAMP (coed)	Work all fitness components in this fast paced fitness class which incorporates muscular strength, endurance, power, flexibility, and cardiovascular fitness components. A great way to sweat hard and enjoy a different full body workout and a variety of fitness modes each time you come out leaving your feeling refreshed!
	CORE FULL BODY FUSION	Spice up your routine with a workout which emphasizes the use of core muscles in a full body workout leaving you feeling refreshed and grounded. Using a variety of fitness tools including Swiss Balls, the BOSU, Equalizer Bars, and Foam Rollers, target key areas working balance, core strength, joint stability, flexibility and overall functional fitness.

	KETTLEBELLS & TRX SUSPENSION TRAINING	Using Kettlebells and hanging suspension belts, move through a variety of compound, whole body movement exercises. Isolate muscles to improve your muscle tone, body composition, and strength of muscles and joints while performing dynamic creative exercises. If you're tired of the ordinary dumbbell routine, then this class is for you!
	CARDIO CONDITIONING KICKBOXING	A spiced up workout to get a cardio, toning and resistance workout in at the same time! Kickboxing increases strength, tones muscle, changes body composition by increasing lean mass and burning fat, increases flexibility, burns calories and improves coordination. Beyond the physical benefits, Kickboxing also has many psychological benefits including self empowerment, increasing focus, and mental stimulation. It is a great new way to work out and to have fun! Classes will use music for motivation and there will be no physical contact in this class as we will use drills and patterns for a full body workout. (The pad contact class is listed above under the Spices Kickboxing section).
	BODYBEAT	Spice up your week with a workout to exciting and inspirational music from every genre you can imagine, working all fitness components. Challenge your lower body with a variety of lunge and squat variations and add on some plyometrics to really feel the burn! Work core and upper body in a variety of creative exercises while staying in time with the beat of music. Splash in some speed, agility and quickness drills to get your cardiovascular system fired up! Join in the music and movement fun which is sure to start off your weekend positively filling you with energy!
	ZUMBA® FITNESS	Come join the party in this fun and dynamic workout where you move and groove to worldly music including various international rhythms including the meringue, salsa, belly dance, hip hop and much more! Work your core mobility, agility, and total body while challenging your cardiovascular fitness, muscular endurance and major fitness areas. Start or end your day positively and leave feeling uplifted and ready to take on your next adventure!
	ZUMBA® IN THE CIRCUIT	A high octane Zumba Fitness workout combined with the benefits of metabolism boosting strength training. Get your sweat pouring while dancing to high energy dance rhythms of Zumba® including Reggaeton, Pop, Salsa, Hip Hop, and other Latin inspired favorites, alternating with conditioning intervals using weights and other resistance tools for one complete workout.
	SPICY SPIN SURPRISE	Get on a bike and pedal away onto a new and exciting road trip each week, working through hill climbs, sprint sequences and power drills. Add in some creative exercises on the bike to target a specific area to create a fun unique full body workout which engages all energy systems. Fun inspirational music adds an element of enjoyment to this workout and really takes you away to another place where you can also work on mental training and imagery.
SPICES YOUTH CLASSES	TEEN GIRLS STRENGTH	A class for girls ages 12 and up which teaches teen girls how to increase overall body strength to feel more confident and to build a solid fitness level foundation. A variety of fitness tools and class designs are introduced, teaching girls how to train strength safely and effectively from warm up, through the workout to the cool down and stretching part of a sound workout. Strength is necessary to increase bone density, build strong joints, is necessary to have before adding sports performance components, increases body awareness, and builds self confidence.
	YOUTH RUNNING ADVENTURE GROUP Ages 8-13	A running group for youth ages 8-13 which incorporates running games and a variety of challenges to increase cardiovascular fitness, endurance, and speed. Each week will have a different running adventure such as a trail run, hill climb, races, or games to encourage a variety of fun ways to get children moving, getting those steps in, and having fun! <i>Participants receive a Spices Fitness running tank top when joining the group!</i>

	SPICES KIDS CROSS FITNESS (Girls & Boys 6+)	Kids Cross Fitness is a strength and conditioning class designed for kids to stimulate movement within a variety of movement patterns and to encourage the development of physical fitness within all areas. Spices Fitness uses an array of training tools including agility, gymnastics rings, bars, strength equipment, and calisthenics (body weight exercises). Each class is specially designed to encourage a creative and fun environment in which participants will focus on an element of fitness, a specific energy system, or an exciting theme.
	SPICES TEEN GIRLS SPORTS CONDITIONING (Ages 12-18)	A fitness class for girls focusing on all the fitness components within a fun and supportive environment. Refine the basics by learning how to increase overall body strength and endurance, trying out a variety of exercises to improve the cardiovascular system, and by discovering new methods to add flexibility. Secondary fitness components (power, speed, agility, and coordination) are enhanced through creative activities and drills, taking athletes from any sport to a new level of performance.
	SPICES FITNESS CANGYM GYMNASTICS	Following the CANGYM National Badge Program , participants move through the 12 different colored badges containing progressive skills on a variety of apparatus. The program is based on Gymnastics Canada's three philosophical pillars of FUN, FITNESS and FUNDAMENTALS where children learn within a friendly, stimulating and healthy environment. Gymnastics provides a solid foundation of important skills such as balance, strength, flexibility and overall body awareness that can be transferred into other athletic activities.
	ACTIVE START (Ages 0-5) & RECREATIONAL (Girls & Boys 6+)	Performance Gymnastics is available for all age ranges, abilities and program goals. These programs are geared towards having fun, developing fitness, and acquiring fundamental skills using a variety of apparatus (i.e.) ribbons, balls, hoops, scarves, sticks, rope, or no apparatus at all. Aerial Gymnastics is
FEES	Fee Structure	*Session fees for the 2021 Fall session are as follows: ~For 60 minute classes, fees are \$192+GST for 1 class/week, \$416+GST for 2 classes/week, or \$576+GST for 3 classes/week. ~For 90 minute classes, fees are \$320+GST for one class/week or \$576+GST for 2/week. Payment planning can be arranged for those registered in multiple classes or for families.
	Additional Fees	~Gymnastics requires an annual GymSask Individual Insurance fee of \$50 upon registration, plus an annual \$30 club fee. Renewed September 1 st each year. ~Kickboxing classes require a \$15(Recreational Member) or \$75(Sparring Member) annual CSC Insurance fee paid upon registration + the annual \$30 Club fee/person. Renewed by December 31 st each year. ~Competitive Kickboxers require a \$25 annual Kickboxing WAKO passport and medical exam. Due when deciding to train for WAKO competitions.