

SPRING/SUMMER 2025

STAD FITNESS AND SPORTS CENTRE | **CLASS SCHEDULE**

	MON	TUES	WED	THURS	FRI
0730-0830		RISE & GRIND PT		RISE & GRIND PT	
1205-1300	STAD STRENGTH	STAD CONDITIONING	STAD STRENGTH	STAD CONDITIONING	

**A FORCE Familiarization session is conducted every third Monday of the month from 0830-0930 on the Gym Floor. Walk-ins welcome.*

RISE & GRIND PT

If you're unable to attend four classes a week, find balance with this well-rounded class that targets strength, power, and cardiovascular fitness, combining the training goals in our Mon-Thurs lunchtime classes into two classes a week. We'll focus on the seven functional movement patterns (push, pull, squat, lunge hinge, rotation and gait) while also incorporating steady state cardio, HIIT, carries and locomotion. Open to all levels!

STAD 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 "Stad Conditioning".

STAD 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 "Stad Strength".