



Iqaluit Aquatic Centre



RIP

RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. Equipment needed: body bar (light, medium and heavy), dumbbells (one set of lightweight), bench/step and a mat.

BOOT

BOOT is a fusion of cardio, strength, balance and flexibility. Featuring exercises that work the entire body. Equipment needed: bench/step and a mat.

WAR

WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. Equipment needed: a mat.

AXIS

AXIS is a 30-minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all movement, then layer on mobility, strength and power. Move like never before, beginning from the core, and reach farther than you thought possible. Equipment needed: a mat.

POWER STEP

POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. Equipment needed: bench/step and a mat.

TRANS FORM

TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength. Equipment needed: a mat.