



LG FITNESS CLASS DESCRIPTIONS

Adult Lite - Take control of your future. This training group is for all beginners or individuals that would like a re-introduction into working out. Contact LG Fitness to book your FREE introductory consultation prior to the sessions.

All About The Upper – Focusing on everything above the waist. Making sure you cover both front, back, and sides of your upper body.

Bow Wow Bootcamp – Looking for a “ruff” workout? We are offering an outdoor bootcamp where you can bring your dog to get a workout as well. The both of you will walk away feeling “paws”itively fantastic! Meeting place is at the Douglas Park hill. You’ll Thank Dog you came!

Chip Away - This is a class for people with a bit of a personal competitive edge to them. This class is a chipper-type style where it is typically timed and you chip away at various exercises, varying from cardio to weights to what have you! All levels welcome!

Crossfit – In a nutshell, it is functional movements that are constantly varied at high intensity. You will get everything in a crossfit class: strength, endurance, power, flexibility, you name it!

Freestyle Fun - Time to have a little fun! Come open minded and ready to do anything in this class. All levels and skills invited!

Group Power Hour – This hour is going to leave you revived for the rest of the day! Come awaken your power within and get a hard core work out!

Hit It Hard Bootcamp - Covering all areas of the body, making sure you leave feeling the burn, bet you can't wait for more.

Lower Body Blast – Focusing on everything from the waist down. Including all exercises that’ll help tone, tighten and strengthen your lower body.

Mobility & Flexibility - This class works perfectly alongside all your spin, fitness, strength and power classes. Increasing your flexibility and mobility it allows you to become a quicker, faster, stronger you.

Open Adult Training Group - This group allows for the week to week progress to be seen with all clients. Different from the group classes since the trainer has the same clients each week so they can work together to improve on all aspects, similar to the specificity of personal training but still has the social aspect of fitness classes. Best of both worlds!

Open Noon Hour Group – Come one! Come all! Let’s celebrate the middle of the work day with a good ole workout! You will get it all in this noon hour class. Every day is a new and exciting fitness class adventure!

Upper and Core - Two key areas that we all need to keep in shape and your always asking for it, so here it is.

Women’s Only/Mamafiit Classes - Using a high energy based full body workout designed specifically to shed baby pounds and tone your tummy. These challenging classes incorporate strength training, cardio, intervals and core work to kick your butt back into shape. You will use your baby, hand weights, body weight and stability balls to strengthen your muscles. Balance, pelvic floor and flexibility will be incorporated into the hour, ending with a relaxing cool down. Attain your post baby goals in no time!