

# Gritty Grotto Schedule

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 7:00- ROW 1:15- FFW	<b>2</b> 1:15- RTM 5:30- SB	<b>3</b> 11:45- CI 2:00- SC	<b>4</b> 7:00- BW 5:30- O	<b>5</b> 2:00- FFW 5:30- SB
<b>6</b>	<b>7</b> 7:00- BW 1:15- ROW	<b>8</b> 11:45- CI 1:15- CC	<b>9</b> 1:15- FFW 5:30- RTM	<b>10</b> 2:00- CC 5:30- O	<b>11</b> 7:00- RTM 5:30- SB	<b>12</b> 11:45- SB 2:00- ROW
<b>13</b>	<b>14</b> 11:45- BW 5:30- O	<b>15</b> 2:00- ROW 5:30- CC	<b>16</b> 7:00- RTM 5:30- FFW	<b>17</b> 11:45- SB 5:30- O	<b>18</b> 1:15- FFW 5:30- SC	<b>19</b> 11:45- O 5:30- CC
<b>20</b>	<b>21</b> 7:00- RTM 1:15- ROW	<b>22</b> 11:45- CI 5:30- CC	<b>23</b> 7:00- FFW 1:15- BW	<b>24</b> 11:45- SC 5:30- RTM	<b>25</b> 7:00- SB 1:15- CI	<b>26</b> 11:45- CC 5:30- FFW
<b>27</b>	<b>28</b> 11:45- CI 5:30- CC	<b>29</b> 7:00- SB 2:00- ROW	<b>30</b> 1:15- BW 5:30- FFW	<b>31</b> 2:00- CI 5:30- SB		

## Descriptions

**Orientation 101(O):** Get your New Year started off right by letting a Fitness Attendant show you safe and effective ways to exercise in the Grotto.

**Stretching Cage (SC):** Learn how to perform new stretches using, "The Stretching Cage".

**Functional Free Weights (FFW):** Bring your workout to the next level by effectively incorporating free-weights and barbells into your workout!

**Body Works (BW):** Learn how to get a great full-body workout using one machine-you!

**Stability Ball (SB):** Learn to work your whole body with the focus on your core using a stability ball.

**Cardio Intervals (CI):** Learn how to increase the intensity of your workouts by performing intervals.

**Complete Core (CC):** Quick and easy exercises to target all major abdominal muscles for a strong and healthy core!

**Resistance Training Machines (RTM):** Learn how to use resistance training machines. You will leave feeling confident in your ability to use these machines safely and effectively for your workout!

Whether you're new to the gym and would like to know how to get started or you're a faithful member looking for something new.....**Take 20 min to attend a Gritty Grotto 'exercise-how-to' session!**



Any questions about the classes or suggestions for ones to come, please consult the

**Frank Kennedy Centre, Gritty Grotto**  
Phone # 474-7971