





# Ron Zalko Fitness & Yoga Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 – 7:00 AM							
6:45 – 7:15 AM							
8:15 – 9:15 AM	Power Yoga	Flow Yoga	Hatha Yoga	Power Yoga	Flow Yoga	Power Yoga	
8:30 – 9:30 AM							
9:30 – 10:30 AM	Core Conditioning	RZ Low	Total Body Training	Total Body Conditioning	RZFB	RZC	
10:30 – 11:30 AM					Stretch	Pilates Core Challenge	Restorative Yoga
11:30AM-12:30PM						Boxerfit * (12-1pm)	Pilates
12:30 – 1:30 PM							Flow Yoga
3:00 – 4:30 PM							AfroBeat African Dance*
4:30 – 5:30 PM	Pilates	Power Yoga	Pilates				
5:30 – 6:30 PM	RZ Athletic Step	RZC			TGIF Dance Blast	CLUB HOURS	
6:00 – 7:00 PM						MON – THURS	6 AM – 10 PM
6:30 – 7:30 PM	Power Yoga	Boxerfit *	AfroBeat African Dance*	Boxerfit *	Power Yoga	FRIDAY	6 AM – 8 PM
7:30 – 8:30 PM	RZ Dance Sculpt		Pilates	RZ Dance Sculpt		SAT	8:15 AM – 6 PM
8:30 – 9:30 PM	Hatha Yoga	Yoga Fusion	Hatha Yoga	Restorative Yoga		SUN	8:15 AM – 5 PM
9:30 – 10:15 PM	Kickboxing		Kickboxing			* Class Fees Apply	

## Ron Zalko Total Body Fitness & Yoga

1807 West 1st Ave. Vancouver – 604-737-4355 – [www.ronzalko.com](http://www.ronzalko.com)

Click here for our spinning class schedule: <https://wholefit.myphub.net/scheduled-events>

AFROBEAT AFRICAN DANCE	Bison's AfroBeat will make you travel through Africa with the steps and the music. Steps from Coupé Décalé from Ivory Coast, Azonto from Ghana, Bikutsi from Cameroon or Ndombolo from Congo, just to name a few, are part of the AfroBeat taught by Bison. Fun, self-expression, body awareness, cardio, coordination are some of the benefit that you will get from his AfroBeat.
BOXERFIT	A unique class that encompasses all aspects of fitness while teaching you self-defense skills. You will learn the same punches and techniques used by today's world-class boxers in a fun, friendly, exciting atmosphere. Whether it's to lose weight, learn self-defense, or add variety to your workout, BOXERFIT is right for you!
COMPLETE / CORE CONDITIONING	Functional and effective exercise designed to increase full body awareness resulting in superior athletic preparation. Whether you are training for a sport or simply a fitness enthusiast, this class will challenge you with progressive movements to enhance stability, balance and core strength
FLOW YOGA	An Ashtanga Vinyasa based yoga that integrates movements with deep abdominal breathing. Flow yoga modifies the poses for greater safety and gives lots of options in each pose so that everybody can feel uniquely and successfully challenged. This class brings the perfect balance to the body and mind.
HATHA YOGA	Hatha yoga attempts to balance mind and body via physical postures or "asanas", controlled breathing, and the calming of the mind through relaxation and meditation
HIIT (HIGH INTENSITY INTERVAL TRAINING)	This class is perfect for those who prefer to be in & out of the gym in under an hour. When you hear 30 minutes & wonder if that will be long enough to get a heart pumping workout, we promise that after the first class you will feel the burn of 30 min HIIT! (High Intensity Interval Training) While this class is considered an intense workout, each class can be easily modified for all levels of fitness.
INDOOR GROUP CYCLING	An indoor cycling session that combines aerobic and anaerobic training, building each rider's strength and conditioning levels.
KICKBOXING	A class that focuses on the fundamental techniques of kickboxing while improving cardio, strength and flexibility. Students will learn techniques such as jab, punch, hook, uppercut, duck, weave and a variety of kicks. The class also offers a varied curriculum to target training, bag work, fighting combination and sparring.
PILATES	An exercise program that targets the deep core muscles. Through regular practice, you will increase strength and elongate the muscles that work to maintain good posture, improve performance in sports and fitness, prevent injuries, increase coordination and stability, and lead to a longer and leaner physique. This is a mixed level class with a focus on safe movements, proper form, alignment and breathing techniques and increasing overall body awareness.
PILATES CORE CHALLENGE	This class incorporates basic Pilates principles into a challenging workout using resistance, stability and stretching exercises that use your own body with, in addition to various equipment such as bands, light weights and body balls. This series of exercises will work through the entire body, with a focus on challenging the core muscles, using proper form and alignment. Modifications are provided for all levels.
POWER YOGA	This class is characterized by the practice of a series of yoga poses without stopping and accompanied by Vinyasa or riding breath, in order to flow from one pose to another. It is vigorous exercise that physically and mentally challenges you in order to help you connect to your inner power.
RESTORATIVE YOGA	This practice is designed to be therapeutic and is ideal for those recovering from injuries or illness, as well as those looking to reduce stress and relax. It involves deeper stretching with a special focus on hip openers. Restorative yoga will also help improve flexibility for athletic performance and is designed for all levels.
RON ZALCO CLASSIC (RZ, RZC)	Copied by many, equaled by none! This complete body workout focuses on all the major muscle groups and includes a cardio cross training segment. The perfect workout for all fitness levels!
RON ZALCO FAT BURNER (RZFB)	A combination of high and low impact aerobics with an extended cardio segment. It is the ultimate fat burning workout.
RZ ATHLETIC STEP	This class performs high intensity, low-impact movements choreographed on step.
RZ CROSSTRaining AND CORE	Up the intensity of your workout with cardio intervals, sculpting and core training. Get all the benefits of personal training in a group fitness atmosphere.
RZ DANCE SCULPT	High intensity, effective and fun! You will flow from the dance warm up to the energetic cardio portion to the body sculpt and core segments for a complete and invigoration workout.
RZ LOW	A cardio class for all fitness levels. It combines simple, power-based, non-impact choreography with a combination of strength training to increase muscular strength and endurance.
RZ POWER SPINNING	An indoor cycling session that will take your fitness to the next level! Tone, strengthen and firm while Vancouver's finest instructors put you through your paces on our Keiser M3 indoor bikes. Be prepared to sweat and pedal to the beat of the music for this 45 minute power cycling session!
TGIF DANCE BLAST	Increase the FUN in your fitness! A mix of Ballet, Zumba, Hip Hop, Modern, Jazz and fitness moves set to your favorite Top 40s, Zumba and dance music to make you sweat and smile. This aerobic dance class offers a whole body workout with fun, easy-to-follow, choreographed movement. No dance experience necessary, just be prepared to get sweaty, get silly and get strong. The most fun you can have with your clothes on!
TOTAL BODY TRAINING/CONDITIONING	Get a complete body conditioning workout from an experienced trainer that will work every muscle group to the max in this time efficient and effective class using dumbbells, body balls and your body weight
YOGA PILATES FUSION	A low-impact class combining core strengthening, elongation of the spine and postural awareness with the flow of Yoga Asana (postures). You will stretch, strengthen and lengthen to create a more flexible mind and body.
ZUMBA	Zumba is a Latin inspired Dance Fitness Class, Incorporating Rhythms from all over. Its a World Party! Sculpt your body and free your soul.