

Corporate Group Fitness Class Descriptions

Fired Up Fitness is pleased to offer the following group fitness classes in 45 min or 1 hour formats. All classes are suitable for every fitness level as we offer modifications for each individual from beginner to advanced.

Fitness Boot Camp

Fitness boot camp mixes traditional non-choreographed calisthenics with interval training and strength training. All classes are different to ensure variety and keep you on your toes. Have fun and get fit with cardio, full body strength training, agility and flexibility components in a non-intimidating atmosphere.

Low Impact HIIT

This mix of strength training intervals with low impact cardio provides a great full body workout. Build muscle and burn calories, no jumping required.

Core Conditioning

Core Conditioning classes consist of challenging and effective exercises that target all the major muscles of the torso with the aim of increasing spinal strength and stability. Scalable cardio drills are also included to help burn fat and increase stamina.

Mobility & Flexibility

Our mobility & flexibility class combines soft tissue work (myofascial release), dynamic movements, static stretching and stability exercises. This is a gentle movement class that is ideal for people who find themselves in a seated or stationary position for much of the day and is designed to improve joint range of motion, stability and coordination while reducing potential strength & movement imbalances in the body.

Yoga

Yoga combines traditional poses, breathing, and basic meditation techniques to reduce stress, and increase strength, flexibility, and overall well-being.

Pilates

Experience this mind/body movement focusing on the pilates principles of centering, breath, concentration, control, precision and flow. Strengthen the body's core muscles, including the abdominals and lower back, with this method of body conditioning. Includes elements of standing as well as mat work.

Yoga Pilates Fusion

This class blends the best of both yoga and pilates to strengthen, lengthen, tone and stretch your entire body.

TRX - Suspension Training

Focusing on strength and stability, the TRX® Suspension System uses ropes and webbing to leverage gravity and your body weight in a fast, effective, total-body workout. Your core is activated through every position, helping to correct your posture. By utilizing different angles and depths, you can maintain full control over how challenging your workout is. This class is available in-person only and requires wall or ceiling anchors for the suspension trainers.

30 Minute HIIT

Develop your strength and aerobic fitness in this high intensity class. 30 Minute HIIT features timed intervals of moderate to higher intensity work followed by short periods of rest. All levels will enjoy this short, intense class. This class is 30 minutes long.

Contact us at info@firedupfitness.ca or at 403-463-3887 for more information on any of the classes described above or to request a class format that is not listed.