GROUP FITNESS SCHEDULE

Updated: February 27th, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	**6:30am** HIIT Circuit* *STRENGTH ZONE*	**6:30am** Spin Express* *CYCLE STUDIO*	**6:30am** Sunrise Yoga *HOT YOGA STUDIO*	**6:15am** HIIT Circuit* *STRENGTH ZONE*	**6:30am** Sunrise Yoga *HOT YOGA STUDIO*		
				8:00am HIIT Circuit* *STRENGTH ZONE*		**8:30am** Spin Express* *CYCLE STUDIO*	
						9:30am Pilates Reformer *PILATES STUDIO* / **9:30am** Vinyasa Flow *HOT YOGA STUDIO*	**9:30am** Sunday Flow *HOT YOGA STUDIO*
	9:30am HIIT Circuit* *STRENGTH ZONE*	**9:30am** HIIT Circuit* *STRENGTH ZONE*	**9:30am** Pilates Reformer *PILATES STUDIO*	**9:30am** Hot Yoga Flow *HOT YOGA STUDIO*	**9:30am** Cycle-Strength *CYCLE STUDIO*	**9:45am** HIIT Circuit* *STRENGTH ZONE*	**9:45am** HIIT Circuit *STRENGTH ZONE*
						10:45am HIIT Circuit* *STRENGTH ZONE* / **10:45am** Pilates Reformer *PILATES STUDIO*	**10:45am** HIIT Circuit *STRENGTH ZONE*
	12:00pm Inferno Pilates* *HOT YOGA STUDIO*	**12:00pm** Barre Fusion* *STUDIO X*	**12:00pm** MAT Pilates *STUDIO X*	**12:00pm** HIIT Circuit* *STRENGTH ZONE*		**12:00pm** Saturday Flow *HOT YOGA STUDIO*	**12:00pm** Hot Yoga Flow *HOT YOGA STUDIO*
EVENING CLASSES		**5:30pm** HIIT Circuit* *STRENGTH ZONE*	**5:30pm** Hot Yoga* *HOT YOGA STUDIO*	**5:30pm** MAT Pilates *STUDIO X*			
	6:30pm Cycle-Strength *CYCLE STUDIO*	**6:30pm** Hot Yoga Flow *HOT YOGA STUDIO*	**6:30pm** HIIT Circuit* *STRENGTH ZONE*	**6:30pm** Pilates Reformer *PILATES STUDIO* / **6:30pm** Spin Express *CYCLE STUDIO*	**6:00pm** Total Athletic Conditioning *STRENGTH ZONE*		
	7:30pm Slow Flow *HOT YOGA STUDIO*		**7:30pm** Energetic Flow *HOT YOGA STUDIO*	**7:30pm** Hot Power Yoga *HOT YOGA STUDIO*	**7:00pm** Slow Flow *HOT YOGA STUDIO*		

10XTO at HOTEL X TORONTO

*45-minute classes.
**$15.00 + HST fee applies to Pilates Reformer classes for 10XTO members, $35.00 + HST/class for non-members.

Effective as of Monday, March 2nd, 2020
* Class schedules and offerings are subject to change.

GUESTS OF HOTEL X TORONTO, please note the following:
- $20.00 + HST/class—can be charged to your room
- $35.00 + HST/class - Pilates Reformer
- To book a class, please call the 10XTO Front Desk at 647.475.9295, or email info@10XTO.com

Applicable taxes not included.

GROUP FITNESS CLASS DESCRIPTIONS

CYCLE STUDIO	
Cycle-Strength	Cycle-Strength is a complete riding experience designed to improve cardiovascular and strength conditioning. Ride to the rhythm of powerful music through hill climbs, sprints, jumps and other challenging drills. Take your workout to the next level with 25 minutes of circuit strength training in Studio X to sculpt and tone your entire body.
Group Cycle eXpress	Group Cycle eXpress is a complete riding experience designed to improve cardiovascular conditioning. Train like a true cyclist with the innovative Technogym tracking system, creating a totally immersive and inspirational riding experience.
STUDIO X	
Mat Pilates	Our modern pilates class will get your blood flowing and your core working. This energizing class will focus on building strength, mobility and balance with carefully choreographed sequences designed to flow seamlessly. Enjoy the benefits of getting stronger, longer and leaner. All fitness levels welcome.
Pilates Reformer	Pilates Reformer is an excellent option for beginners or those interested in delving deep into the fundamentals of optimal movement. It is a balanced workout that challenges how to use your core in relation to the resistance provided by the reformer machine. Build on key principles of core control, fluid motion and coordination. All levels welcome. *[$15.00 + HST fee per session for 10XTO members, $35.00 + HST fee for non-members and guests of Hotel X Toronto—Pre-Booking is required]*
Barre Fusion	Barre Fusion is a low-impact class that takes aspects from ballet barre exercises and cardiovascular conditioning into one head to toe sculpting and calorie burning routine!
STRENGTH ZONE	
HIIT Circuit	HIIT Circuit is designed specifically for small group training (4-10 people) to provide the same individual attention as one-on-one training, while adding the community dynamic of training in a group setting. This 45-minute circuit combines strength training, core work, and cardio intervals to increase lean muscle mass, burn calories fast, and boost your metabolism.
Total Athletic Conditioning	Total Athletic Conditioning is a high-intensity group fitness class inspired by the fundamental movements of sport and athletics. This class will improve mobility, reaction time, and agility as you develop strength, explosive power and muscular endurance.
HOT YOGA STUDIO	
Sunrise Yoga	Greet your day with awareness, movement, and breath with this energetic practice. This class will get your heart rate up, while working to invigorate your body, open your heart, and awaken your mind.
HIIT Yoga	This class combines the intensity and strength-building exercises of a HIIT class with the flow and body awareness of yoga. It's goal is to develop strength and balance to increase your yoga practice while increasing your breath connection as your heartrate increases.
Inferno Pilates	A 45-minute heated class that blends the principles of pilates with the flow of yoga. This class uses both styles to increase strength, flexibility and balance while increasing your heart rate with its challenging sequencing. All levels welcome that desire a good challenge.
Energetic Flow	A 60-minute Vinyasa based flow spiced with Kundalini movements to move stagnant energy in your body. Fused with pranayama, an energetic playlist, and essential oils, each flow is designed to build strength, stamina, and peace of mind.
Hot Power Yoga	This 60-minute heated power yoga practice is open to everybody! Whether you're stepping on the mat for the first time, or are an advanced yogi, you'll be led through an enthusiastic and powerful practice. You will learn the foundations of power yoga, various forms of breath work, and modifications to soften or increase the intensity in each posture.
Vinyasa/Saturday/Sunday Flow	A one-hour dynamic yoga flow class suitable for all level of practice that weaves breath-work, meditation and movement together. Explore static postures and flow-like transitions paired to breath and clear intentions.
Slow Flow	A slower placed flow geared toward breath and body connection as you move more consciously. This class is a combination of vinyasa flow and yin to cater to injuries,