



Power of Progress

Power of Progress Is ... your In-home personal training & fitness class connection

Classes

4 people + we consider a possible class. Please take a look at our class options. If after reviewing the classes you and your group still feel that you would prefer something other than what is offered, please contact us, either via email or via phone at 604-809-3488, and we will do our best to accommodate your request.

Circuitry: A unique blend of building cardio endurance and muscular strength in a challenging total body workout. This circuit class combines free weights, body weights, medicine balls, tubing, and other fancy fitness tools in various stations. Keep your heart rate up while improving strength, endurance and coordination, not to mention getting sculpted and getting results!

What do I wear to do Circuitry? You should be in a newer pair of athletic shoes that are made specifically for your feet and the way you walk/run. It all starts from the ground up, so being in the appropriate pair of shoes will help protect your knees, shins, and back from injury. Appropriate exercise attire that is comfortable but not too loose. It is much easier than it used to be to find not only interesting clothes, but options that are designed for a variety of body types and needs. You can even find workout clothing made of antibacterial fabric or natural fibers, such as organic cotton and soy. It is always a good idea to keep jewellery to a minimum when you workout.

What do I need to bring to Circuitry? a pair of 5 or 8 lb weights, a yoga mat, a towel, water, and a positive attitude! We will supply the rest.

Get Your Body Back: For moms who want to take their fitness to the next level. This high energy class is guaranteed to get your heart pumping and get your body sculpted. The classes include any combination of strength circuits, medicine ball drills, relays, cardio and agility drills, push-ups, squats, lunges, core strength and more! Working on muscles (that includes your posture) that may have been neglected or challenged during and after pregnancy. A challenging and fun class suited for all levels of participants. Come and meet other motivated moms!

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Core Power Pilates: Discover Pilates - breath, rhythm and flow. You will learn from a Power Pilates perspective, the six principles of Pilates are the most essential qualities of the method. You will understand these principles not by learning them intellectually, but by actualizing them physically.

Stabilization

The primary goal of Pilates is to stabilize the pelvis in a neutral position. Initiating movement from a stable source will increase the body's strength and efficiency, and restore it to its natural balance.

Control

The best results will come through controlling each movement and paying full attention to all details in positioning and sequencing.

Concentration

The mind controls the body. Therefore, executing each exercise with the correct mindful intent and focusing on a deepening awareness of the movement makes concentration an integral part of the technique.

Flow

Pilates is best when done in a flowing style marked by continuous movement and engagement. A workout which has flow - both within each exercise and between exercises - maximizes the time, efforts and results of each session.

Breath

For beginners, the only wrong breath is no breath. Over time, you will gain a deeper understanding of how exhalation stimulates breathing, facilitates core support and intensifies movement. In the end, breath equals life.

Precision

Pilates is rich with details. Executing each exercise with correct technique and precision will provide more dramatic results. It's all in the details. (precision)

Pilates is not just something you do; it is something you study.

What do I wear to do Core Power Pilates? Keeping your attire simple, at least at first, will help you figure out what works best for you. One exception however, is fitness attire that is too loose. Baggy is a problem in both Pilates and Yoga classes as well because it can be too revealing and because an instructor needs to be able to see your alignment and muscle use. The explosion of popularity of both disciplines has brought about a revolution in stylish exercise clothing. It is much easier than it used to be to find not only interesting clothes, but options that are designed for a variety of body types and needs. You can even find workout clothing made of antibacterial fabric or natural fibers, such as organic cotton and soy. Shoes are not worn - going barefoot is common, however if you prefer something on your feet, sticky sock are great! It is always a good idea to keep jewellery to a minimum when you workout.

What do I need to bring to Core Power Pilates? A yoga mat, a towel, water and a positive attitude! We will supply the rest.

Power Centre Yoga: An integrative experience that encourages revitalization and healing of the mind, body and spirit through a series of postures, stretching, and breathing exercises. Each session strives to deliver a powerful workout using all systems of the body, release tension and restore a sense of well-being in a positive and supportive environment for people of all fitness levels. Each person can expect a practical and easy to understand yoga class that will include detailed instruction for certain postures to enhance the yoga experience.

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What do I need to bring to Power Centre Yoga? A yoga mat, a towel, water and a positive attitude! We will supply the rest.