

## **FAQs – HIIT TO FIT™ Circuit – drop-in fitness**

### **Why are you making this change?**

YOU ASKED, WE LISTENED! From surveys, talking with clients and staff, trying new ideas, etc., YOU told us you wanted MORE...more variety, more options, more value, more drop in options. We also need to decrease our admin time with scheduling, accounting, etc. to keep our prices down. AND IT'S ALWAYS GOOD TO TRY NEW THINGS! The HIIT TO FIT™ circuit has been in the works for over 2 years...IT'S TIME TO GET FIT WITH HIIT!

### **Will Circuit & Bootcamp classes still be offered?**

The new HIIT TO FIT™ Circuit – drop-in will replace the following “scheduled” fitness classes:

- Monday 5:30 pm circuit
- Tuesday 5:15 pm circuit
- Tuesday 6:15 pm bootcamp
- Tuesday 7:20 pm circuit
- Wednesday 6:00 pm Having a BALL
- Thursday 5:15 pm circuit
- Thursday 6:15 pm bootcamp
- Thursday 7:20 pm circuit
- Saturday 9:15 am circuit

All morning Bootcamp, Yoga, Pilates & Candlelight Yoga classes will remain unchanged and will continue to be scheduled month-to-month.

### **Will Yoga be cancelled?**

All “specialty” classes will remain unchanged – yoga, pilates, candlelight yoga, Zumba

### **Will it be like Curves or 30-Minute HIT?**

ABSOLUTELY NOT! Curves and 30 minute HIT are “versions” of a circuit – with machines & stations that NEVER change and are low intensity (Curves) or limiting/can become boring (both). The HIIT TO FIT Circuit is the same as our current circuit/bootcamp classes in a “moving” format, with timed intervals and a combination of cardio, strength, core & functional training. AND IT CHANGES EVERY DAY!

### **Can I drop in any time or are there set start times?**

You can drop in anytime during the HIIT TO FIT Circuit hours – approx. 45 hours per week over 7 days. Sample schedule:

<b>Mondays:</b>	<b>3:30 pm – 7:30 pm</b>
<b>Tuesdays:</b>	<b>7:00 am – 1:00 pm; 4:00 pm – 8:00 pm</b>
<b>Wednesdays:</b>	<b>8:15 am – 1:00 pm; 3:30 pm – 7:30 pm</b>
<b>Thursdays:</b>	<b>7:00 am – 1:00 pm; 4:00 pm – 8:00 pm</b>
<b>Fridays:</b>	<b>8:15 am – 1:00 pm</b>
<b>Saturdays:</b>	<b>9:15 am – 1:00 pm</b>
<b>Sundays:</b>	<b>11:30 am – 2:00 pm</b>

You can continue to come at the class times you are used to or choose what fits your schedule. This will eliminate “missed” classes due to traffic, illness, unforeseen events, etc.

### **How long can I stay?**

The circuit is available for a minimum of 30 minutes to a maximum of 60 minutes per visit. You choose based on your availability, energy, etc. Please note, the last time you can drop in for the circuit is 30 minutes prior to closing. Please refer to sample schedule for daily circuit times.

## **Will the price change?**

There will be an unlimited monthly pass option = \$69.00 +HST per month & a punch card (6-15 classes per card) = \$8.00 +HST per class. **We will also offer add-on packages – add a monthly body assessment, once through circuit with a personal trainer, food journal review/nutrition counselling session, etc.**

## **What happens if the circuit is full when I arrive?**

Each day there will be between 10-12 circuit stations (average 10) which means we can accommodate between 10 and 12 people at one time. There will be “peak” times as there are currently with scheduled classes. Our goal is to spread out arrival and ending times to offer more flexibility to clients. If you arrive and all the stations are full, we can check the “sign-in” sheet to see when people have noted they will be finished and hopefully it will only be a few minutes before you can begin. The treadmills, bike and cool down area will be available for warm-up while waiting for the first station to open up.

## **Will it still be the same instructors as the current fitness classes?**

YES, all your favourite instructors and trainers will be working the HIIT TO FIT Circuit for scheduled hours (similar to their current hours). They will be available to motivate and encourage you, check your form and modify exercises as needed AND will have more time to catch up with you 1-on-1 since they are no longer “leading” classes but rather directing you through a “self-directed” circuit.

## **What if I need something modified or I can't do an exercise?**

The instructors/trainers will be watching your form and can/will modify exercises accordingly. If you need an exercise modified, the same as in current classes, just ask and we'll be happy to help you!

## **How do we know when to change stations?**

The timer clock will have a buzzer/chime that will let you know when it is time to go to the next station. Each day as the circuit exercises/format changes, the length of timed intervals may also change, for more variety.

## **Will the exercises still be demonstrated?**

The HIIT TO FIT Circuit is a “self-directed” circuit and each station will have a station CARD noting the exercise – photo and brief description, along with modifications for fitness level – beginner or advanced. Examples of cardio options will also be noted on each station card, for lots of variety.

Instructors/trainers will also demonstrate exercises and give modifications as needed.

## **How do we warm up?**

The first three “stations” will include warm-up exercise instructions to give you 3-5 minutes of warm-up before starting the circuit.

## **Do we still cool down & stretch at the end?**

Yes, if you choose to. The “group” lead cool down is replaced with an area designated for cool down & stretching along with posted stretching exercises for your use. The treadmills and bike (subject to availability) will also be available for cool down. Once you have finished the circuit training (you choose a minimum of 30 – maximum of 60 minutes), you then proceed to the cool down/stretching area. Instructors/trainers are always available to assist you as needed.