TREAD POWERFULLY
power your body. empower your spirit.

May 1 – August 31, 2017
Spring and Summer Schedule

Note: *all classes 60 minutes unless stated otherwise*

Special Events:

Free Yoga in the Park hosted by the City of Burlington – Sundays at 10:30 am, May 14 – June 25

Thursday June 1 evening – HOLD THE DATE

Saturday June 24 – JOIN ME! Meredith Hagan Inspiration Run or Walk at Mountsberg Conservation Area to benefit Reach Out Centre For Kids (ROCK)

Statutory Holidays
(note: check schedule below for other "no class" days)
Victoria Day: Monday, May 22 - no classes
Canada Day: Saturday, July 1 – Saturday morning class as usual
Civic Day: August 7 – no regular classes – "Sweat with Sue" pop-up classes will be offered

Monday	**Spring** 8:30 am AND 9:30 am, **Abell Bodies Small Group Training** @ Evolution, back room May 1 – June 26 (no class/payment for May 22) $120 including hst Limit of 12 per timeslot **Summer** 8:30 am AND 9:30 am, **Abell Bodies Small Group Training** @ Evolution, back room July 3 – August 28 (no class/payment for July 24 and August 7) $105 including hst Limit of 12 per timeslot 6:30 pm, **Intense Strength** @ Tansley Woods, Community Rooms #2 and #3 May 1 – August 28 (no class May 22 and August 7)

	$85 including hst Limit of 40
Tuesday	6:30 pm, **Intense Strength** @ Burlington Seniors' Centre May 2 – August 29 (Seniors' Centre is closed June 20, 27 and July 4. Outdoor classes will be offered each of these nights instead or there is also the option to attend three Monday evening Intense Strength classes or any other outdoor class as make-ups) $85 including hst Limit of 60
Wednesday	**Spring** 6:00 am AND 8:30 am AND 9:30 am, **Abell Bodies Small Group Training** @ Evolution, back room May 3 – June 28 $135 including hst Limit of 12 per timeslot **Summer** 6:00 am AND 8:30 am AND 9:30 am, **Abell Bodies Small Group Training** @ Evolution, back room July 5 – August 30 (no class/payment for July 26) $120 including hst 6:30 pm, **Stretch and Flow Yoga, 60 minutes** @ Evolution, back room, candle/low light May 3 – August 30 (no class/payment for July 26) $130 including hst Limit of 12
Thursday	**Spring** 8:30 am AND 9:30 am, **Stretch and Flow Yoga, 50 minutes** @ Evolution, back room, candle/low light May 4 – June 29 $65 including hst Limit of 12 per timeslot **Summer** 9:00 am, **Stretch and Flow Yoga, 60 minutes** @ Evolution, back room, candle/low light

	July 6 – August 31 (no class/payment for July 27) $60 including hst Limit of 12 per timeslot 10:15 am, **Youth Yoga, ages 9 – 13, 45 minutes – NEW CLASS** @ Evolution, back room, candle/low light July 6 – August 31 (no class/payment for July 27) $50 including hst Limit of 12 **Spring Only** 6:30 pm, **Box and Train** @ Evolution, back room May 4 – June 29 (no class/payment for June 1, special event tba) $80 including hst Limit of 16
Friday	6:00 am, **Muscle Blast, 50 minutes** meeting @ Spencer Smith Park playground May 12 – August 25 (note, season does not start May 5 due to an event) $90 including hst **Spring** 8:30 am AND 9:30 am, **4 Strength** @ Evolution, back room May 12 – June 30 (note, season does not start May 5 due to an event) $120 including hst Limit of 12 per timeslot **Summer** 8:30 am AND 9:30 am, **4 Strength** @ Evolution, back room July 7 – August 25 (no class/payment for July 28) $105 including hst Limit of 12 per timeslot
Saturday	7:00 am, **Muscle Blast, 60-75 minutes** meeting @ Locust Street Parking Garage May 6 – August 26 (no class/payment for May 27, June 24 and July 29 but YES there is class on Canada Day) $85 including hst

Sunday	**Spring** 7:00 am AND 8:00 am AND 9:00 am, **Abell Bodies Small Group Training** @ Evolution, back room May 7 – June 25 (no class/payment for May 28) $105 including hst Limit of 14 per timeslot **Summer** 8:00 am AND 9:00 am, **Abell Bodies Small Group Training** @ Evolution, back room July 2 – August 27 (no class/payment for July 30) $120 including hst Limit of 14 per timeslot

How to Register: Register for your classes with Sue by sending an email to sue@treadpowerfully.com or a text to 905-580-9777. Sue will let you know if you secured a spot in the class. Then simply bring cash or cheque (payable to Sue Abell) to your first class of the season or send an e-transfer to her email. If the season is already in session you can still join at a pro-rated amount if there is space available in the class.

Cancellations/Extensions/Membership Status: Sue reserves the right to alter schedules and locations (e.g. for extreme weather) after the season begins as the result of special circumstances due to, but not limited to, instructor illness or injuries, inclement weather, space availability and minimum class size requirements not being met. Membership fees will be compensated accordingly if membership status is impacted or the season will be extended. Cancellations will be notified via email in as timely a fashion as possible and you can call Sue at 905-580-9777 to confirm at any time, especially for changes based on extreme weather conditions. If within the first two weeks of the current season you reconsider your membership, you are eligible for a refund minus the weeks already lapsed before you notified Sue Abell. If you need to drop out of the rest of the current season due to illness or injury, you are eligible for a refund minus the weeks already lapsed from the time you notified Sue Abell.

Make Up Classes: There may be times when you miss your scheduled class and you have a few options to make the class up:

1) attend the same class type during a different timeslot in the same season (subject to space, contact Sue to verify)

2) attend a different class type by combining missed classes (e.g. 3 missed Intense Strength classes = 1 small group training) or making up 1 missed class with a combo of others (e.g. 1 missed small group training class can be made up by attending 2 outdoor

classes). If you think you will be missing a lot of classes ask Sue about your options as you are empowered and trusted to keep track of your missed classes and make them up when it works for you (subject to space).

3) gift the missed class to a friend or family member to attend in your place with a signed waiver

4) carry-over a maximum of 2 missed classes per class selection to the next season (note: no cash-value, cannot be applied to membership rate of the next season, subject to space in classes)

With the exception of 2 carry-overs, all make-up classes must be completed before the end of the current season.

Class Descriptions

Muscle Blast (Power Walkers and Runners)

Muscle Blast means that we will bring together power walkers and runners in a moving muscle format using the outdoors as our motivation and members can use the movement they prefer based on how they are feeling that day and what works for their joints and muscles. There are two different starting locations and the locations will stay close to the water but might need to change depending on the new pathway and promenade construction this spring. Sometimes we will stay centralized using our body weight and outdoor obstacles and other times we will venture out in any direction focusing more on speed and intervals using a looping technique to keep us moving together as one. Everyone goes at their own pace and modifies for their body.

Box & Train

In addition to partner boxing drills using focus pads, this sweaty workout will also integrate some of the props found in the popular "back room" including battle ropes, medicine balls, steps and skipping ropes. In a safe and fun environment inclusive of all fitness levels this is an amazing way to switch things up from your regular fitness routine and fear not, we are not getting into any boxing ring! This 60 minute class is carefully crafted to keep you moving and focused while at the same time giving you options to ensure it works for your body.

What to bring: boxing gloves (focus pads provided), small towel, water bottle, clean and dry shoes

Abell Bodies Small Group Training

This unique 60 minute strength and endurance class allows multiple individuals each with their own personal goals and abilities to work out together using dumbbells, kettle bells, med balls, battle ropes, bars, agility props and body-weight.

Although you are training with people around you, the nature of a circuit class means that you are in control and Sue will make multiple modifications whether you are feeling extremely energized one day, or dealing with an injury the next. It's you on your own, just surrounded by a few others!

What to bring: small towel, clean and dry shoes, water bottle

4 Strength

This class is crafted in 15 minute segments: cardio, lower, upper and core. This class is a full body strength workout deliberately structured so that each person feels comfortable working at their unique pace and intensity. The predictable transition every 15 minutes is intended to calm the mind thus allowing you to fully commit to the exercises in the segment. This class uses a circuit structure which allows Sue to work with you individually while watching for form, management of any injuries and of course the encouragement to breathe and progress.

What to bring: small towel, water bottle, clean and dry shoes

Stretch and Flow Yoga (candlelight and low light)

This yoga class is a calming balance between flowing, gaining increased mobility and stretching. A focus is placed on breath work in all postures and it has become a weekly favorite for people looking to give back to their bodies and minds.

What to bring: mat, 2 yoga blocks, waterbottle (straps are provided or you can bring your own)

Balance and Core Flow Yoga (regular light)

Come to flow in your yoga practice with special attention to balance poses and core engagement that calls you to use your breath to move with and through the movement and yet be still, engage and stretch. This class is suitable for all levels with the goal being to create a quiet in the mind and body even as it creates strength.

What to bring: mat, 2 yoga blocks and yoga strap, water bottle (straps are provided or you can bring your own)

Youth Yoga NEW CLASS THIS SEASON

This 45 minute yoga class is aimed at introducing your youth to the practice of yoga, while still upholding the practice of mindfulness and quiet in order to focus on their own body. Whether your child is looking to learn more about something you practice, or create more mobility and openness or simply to learn a new physical skill, the environment of the dim light creates a safe space.

What to bring: *mat, 2 yoga blocks, water bottle*