



Updated: 04/13/2019



SPRING 2019

# FITNESS PROGRAM GUIDE

Group Fitness | Personal Training | Pilates

tenxtoronto.com

# GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:30am HIIT Circuit* <i>FITNESS FLOOR</i> [4th floor]	6:30am eXpress Cycle* <i>CYCLE STUDIO</i>	6:30am Sunrise Yoga <i>HOT YOGA STUDIO</i>	6:30am Core Fusion Pilates <i>STUDIO X</i>	6:30am Sunrise Yoga <i>HOT YOGA STUDIO</i>		
						8:30am Cycle-Therapy <i>CYCLE STUDIO</i>	8:30am Total Athletic Conditioning <i>STUDIO X</i>
	9:30am Pilates Flow <i>STUDIO X</i>				9:30am Functional Circuit <i>STUDIO X</i>	9:30am Pilates Reformer <i>PILATES STUDIO</i>	9:45am Sunday Flow <i>HOT YOGA STUDIO</i>
EVENING CLASSES	6:30pm Core Dynamics* <i>STUDIO X</i>	6:00pm Yogalates <i>STUDIO X</i>	6:30pm Full Body Conditioning <i>STUDIO X</i>	6:30pm Pilates Reformer <i>PILATES STUDIO</i>	6:00pm Total Athletic Conditioning <i>STUDIO X</i>		
	7:30pm Hot Power Yoga <i>HOT YOGA STUDIO</i>		7:30pm Energetic Flow <i>HOT YOGA STUDIO</i>	7:30pm Yoga Flow <i>HOT YOGA STUDIO</i>			

All classes are 1 hour in length, unless otherwise indicated.

\*45-minute classes.

Class schedules and offerings are subject to change.

Pilates Reformer (Thursday 6:30pm & Saturday 9:30am) = \$15.00/session fee [pre-booking required]

To reserve your spot in any of the above classes, please register through the *Technogym MyWellness app*.



AN INSPIRED ATHLETIC CLUB

107 PRINCES' BOULEVARD  
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# CLASS DESCRIPTIONS

GROUP CYCLE STUDIO	
<b>Group Cycle</b>	Group Cycle is a complete riding experience designed to improve cardiovascular conditioning. Ride to the rhythm of powerful music through hill climbs, sprints, and other challenging drills. Train like a true cyclist with the innovative Technogym tracking system, creating a totally immersive and inspirational riding experience. [45 minute class]
<b>Cycle-Therapy</b>	Get the benefits from both a cycle class and a muscle release therapy all-in-one. Start with a 30-minute ride to build cardiovascular endurance with challenging drills, then head to Studio X for 20 minutes of deep stretching and foam rolling.
STUDIO X	
<b>Core Fusion Pilates</b>	Core Fusion Pilates is a full-body workout fusing Pilates principles along with barre technique and yoga. Take your posture and core work to a deeper intensity using concentrated movements and deep muscle recruitment.
<b>Full Body Conditioning</b>	This class includes exercises that involve the major muscle groups of the body. Challenge your coordination and flexibility to improve your strength, range of motion, and bring your body into balance.
<b>HIIT Circuit</b>	OMNIA is a functional training system which optimizes strength, endurance, flexibility, coordination and speed. It is designed specifically for small group personal training (4-8 people), to provide the same individual attention as one-on-one training, but also 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 and boost your metabolism. [45 minute class]
<b>Yogalates</b>	A mat-based class that blends principles of both Pilates and yoga to increase strength, flexibility, and balance while reducing stress and improving endurance. The combination of both Pilates and yoga postures will leave you feeling balanced, strong, long and energized!
<b>Pilates Reformer</b>	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.  <i>[\$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]</i>



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# CLASS DESCRIPTIONS CONT'D

STUDIO X	
<b>Core Dynamics</b>	Optimal core strength, stability and flexibility is the goal of this challenging class. Work with breath as well as different props to engage your core and improve your strength like never before. [45 minute class]
<b>Functional Circuit</b>	This circuit style class includes exercises that mimic the specific physiological demands of real-life activities. With minimal equipment and emphasis on body weight exercises, you will leave feeling more agile, strong, flexible and better able to handle day-to-day feats that are often overlooked in life.
<b>Total Athletic Conditioning</b>	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.
<b>Pilates Flow</b>	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 while enjoying funky tunes that will keep you hopping to the beat! All fitness levels welcome.
HOT YOGA STUDIO	
<b>Sunrise Yoga</b>	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.
<b>Yoga Flow</b>	A yoga class that incorporates functional movement and locomotion into a seamless vinyasa flow. This practice will also focus on building strength, balance and mobility by weaving a series of practical movement sequences that will help build a body that can move with ease on and off the mat.
<b>Energetic Flow</b>	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.
<b>Hot Power Yoga</b>	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 pose.



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# PERSONAL TRAINING

10XTO offers result-based Personal Training sessions scheduled at your convenience and take place in our fully equipped state-of-the-art Technogym fitness facility.

Unlock your potential in a private coaching session individually tailored to meet your fitness goals. Our trainers connect with you to inspire and bring you to greater heights. We truly believe that movement is medicine and we challenge you to master new methods and keep your body functional at all ages.

## PERSONAL TRAINING SESSIONS

*Applicable taxes not included.*

### 60-MINUTE SESSIONS

Number of Sessions	Total Cost for Session Package
1	\$95.00
5	\$475.00
10	\$950.00

### 45-MINUTE SESSIONS

Number of Sessions	Total Cost for Session Package
1	\$75.00
5	\$375.00
10	\$750.00

### 30-MINUTE SESSIONS

Number of Sessions	Total Cost for Session Package
1	\$55.00
5	\$275.00
10	\$550.00



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## SEMI-PRIVATE PERSONAL TRAINING

*Applicable taxes not included.*

60-MINUTE SESSIONS	
Number of Sessions	Total Cost for Session Package
1	\$125.00 (\$62.50/person)
5	\$625.00
10	\$1,250.00

# PRIVATE APPARATUS PILATES

Private lessons are a unique training experience. They may be taken exclusively or combined with classes, allowing students to receive instant feedback and form correction, quickly advancing Pilates technique and enhancing results.

## PRIVATE PILATES STUDIO SESSIONS

*Applicable taxes not included.*

60-MINUTE SESSIONS	
Number of Sessions	Total Cost for Session Package
1	\$95.00
5	\$475.00
10	\$950.00

## DUET PILATES TRAINING SESSIONS

*Applicable taxes not included.*

60-MINUTE SESSIONS	
Number of Sessions	Total Cost for Session Package
1	\$125.00 (\$62.50/person)
5	\$625.00
10	\$1,250.00



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