



October/November 2025 Group Fitness Classes

Classes run from Monday, Oct. 27 - Saturday Dec. 6th

The week of Dec. 8th will be reserved for make up classes if needed

Location:
44 East St. Goderich ON (basement)

Monday	Wednesday	Thursday	Saturday
Low Impact Circuit 9-9:45 am	TRX 6-6:45 pm	Low Impact Circuit 9-9:45 am	Strength and Stretch 9-9:45 am *No class Nov. 22. Make up class on Dec. 13

Cost:
All prices subject to HST

1 class per week - \$102 (\$115.26 incl tx)
2 classes per week - \$180 (\$203.40 incl tx)
3 classes per week - \$216 (\$244.08 incl tx)
4 classes per week - \$240 (\$271.20 incl tx)

Drop in Rate: \$20/class

[Register HERE](#)

After registering, etransfer payment to **payment@radiantvitality.ca**

Class Descriptions

Low Impact Circuit

A low impact, joint friendly, slower paced class.

Perfect for beginners, those with injuries or limitations or older adults.

We use a variety of equipment, focusing on strength, balance, core and overall conditioning.

TRX

The TRX is a suspension trainer that helps you improve your overall functional strength, core strength and coordination as it uses your whole body for each movement.

Abundant options and modifications for all fitness and ability levels.

Class takes place in person only and may include the use of other equipment based on numbers.

Strength and Stretch

A low impact full body dumbbell workout, using functional movements to strengthen all the parts of the body.

Followed by a nice long stretch and mobility practice to leave you feeling loose and limber.

Abundant options and modifications for all fitness and ability levels.

ABOUT KIM AND RADIANT VITALITY



Kim Hagle has been a certified personal trainer for over 14 years. As a weight neutral and size inclusive fitness trainer, she values a welcoming, inclusive fitness environment where everyone is encouraged to listen to their body and choose movement that feels good.

In her classes, you'll be offered a safe, effective and well rounded workout. You'll never hear any "sculpt this/burn that" -the only times we talk about bodies are in reference to form, function and how an exercise should feel. In our judgment free fitness space, you'll be encouraged to connect to your deeper why, and how movement helps you feel and function your best.

Kim is committed to having fitness options for everyone, no matter their history with exercise or fitness level.

We have a variety of offerings in and out of the gym to help you improve your relationship with exercise, food and body image.

1. **Group fitness classes** are great for those who have some experience with movement and like a social environment. Abundant options are always given so that you can make the workout work for you.
2. **Personal training** - for those who have specific needs or fitness goals and prefer to have 1:1 attention, nothing beats personal training - cuz it's all about you. In personal training, the programming is customized for your body, abilities and goals - offering the safest and most effective pathway to results.
3. **Body acceptance coaching** - Kim also offers 1:1 life coaching in the areas of body image, and relationship with food/exercise. Perfect for those who struggle to get off the diet cycle and want to feel confident in their body, peaceful with food, and lasting motivation for movement.

Learn more about all of our programs on our website www.radiantvitality.ca/

Returning at a later time:

Yoga

Build strength, flexibility, balance and core strength through this mindful practice that will leave you feeling relaxed and connected to your body.

All poses can be modified to suit your abilities and limitations, however we do move frequently from standing to the floor so being able to get up and down is required for this class.

Strength Circuit

Each class looks a little different but will always include a mobility component, some strength training, cardio conditioning, core strength and stretching.

Abundant options and modifications for all fitness and ability levels.

Class takes place in person only so we can use a variety of equipment.

Lift IT!

A strength based class focused on lifting heavy (whatever that means to you). We'll practice functional movements like squats, deadlifts, bench press, rows etc, using barbells and dumbbells.

Abundant options and modifications for all fitness and ability levels.

Yoga Fusion

Yoga fusion combines Vinyassa yoga flows with short bursts of high intensity cardio intervals and strength training using light weights.

As a result, you get a full body workout that improves strength, endurance, flexibility and mobility, while still providing the mindfulness and relaxation benefits of yoga.

**while we always offer abundant modifications, and rest breaks are encouraged - this is a more intense class, which involves frequent moving up and down off the floor, push ups, planks, squats, lunges, and inversions (downward dog). Generally not recommended for beginners or those with injuries.*

CBC - Core, Balance and Conditioning

An interval style workout, focusing on improving core strength, balance and cardiovascular fitness.

Each class will look a little different and will use a variety of equipment to keep things fun and interesting.

Abundant options and modifications for all fitness and ability levels.

Line Dancing

A low impact dance class, that's just for fun. Got two left feet - great, so do I. This class is all about getting moving and not taking yourself too seriously.

Nordic Pole Walking

A one hour brisk walk on the G2G trail - eventually adding Sifto Loop and Lower Maitland trails.

Pole walking is a great addition to a low impact workout routine - it assists with balance and stability, while building core and upper body strength, improving endurance and reducing impact on the joints. Not to mention a great social activity.

Poles will be provided if you don't have your own.

Bands and Balls

Each class looks a little different but will always include a mobility component, some strength training, cardio conditioning, core strength and stretching.

Equipment will include TRX, Resistance bands, large yoga balls and pilates balls.

Abundant options and modifications for all fitness and ability levels.

Class takes place in person only so we can use a variety of equipment.

Aquafit

A low impact, water based workout.

You'll build overall strength and improve your conditioning without the stress on your joints.

Class takes place in my salt water pool, which includes a shallow, chest level, and deep end - choose the depth that works best for you.

No lifeguards, so participation is at your own risk.

Stay after for a soak and social time in the hot tub

In inclement weather, strength circuit will be held in the studio at 44 East St.

Yoga

Build strength, flexibility, balance and core strength through this mindful practice that will leave you feeling relaxed and connected to your body.

All poses can be modified to suit your abilities and limitations, however we do move frequently from standing to the floor so being able to get up and down is required for this class.

Held at Butterfly Park - bring bug spray! In inclement weather, we will move indoors to the studio at 44 East St.

Walk Fit

An outdoor class located on the fitness trail at the Goderich beach.

You'll get a full body strength building workout, while improving stamina and endurance by adding in spurts of fast walking between strength sets.

In inclement weather, gentle fit will be held in the studio at 44 East St.