Body New Stretch: Join this new class and experience a new and fun way to exercise. This class will encompass all muscle groups using light weights and finish with a total body stretch.

Circuit Training: This class consists of a series of exercises performed in a rotation with minimal rest in between. There are various stations set up and participants will move from station to station after a set amount of time or repetitions.

HILT (High Intensity Interval Training): This class is not for the faint of heart. It is a cardio based training workout which consists of short bursts of anaerobic exercise followed by a less intense recovery period. The class will consist of a series of short intense workouts, increasing endurance and stamina.

Kettlebell/Boot Camp Specialty Class: A blend of strength and cardio based on activity involving kettlebells in a boot camp format. The emphasis is placed on toning muscle, fat loss, and increased cardio. The class is a mixture of skill building and high intensity circuit training.

Pilates/Resistance: This class will help develop core strength, overall strength, flexibility, and co-ordination. Each week a new piece of equipment is introduced to help gain confidence and strength.

Spinning/Tabata/TRX Mix: A circuit based workout, this class moves from the bike to a round of tabata (eight rounds of a 20 second all out exercise, followed by a 10 second rest) and a round of TRX workout (functional training, using body weight.) The time spent on each segment will vary from class to class.

Step/Cardio Kick Box Class: This class is designed for a complete body workout. The step class component uses on a raised platform with risers. The risers can be adjusted to either add height or lower. Cardio kick box moves will be incorporated throughout the class to provide variety and fun.

Zumba: A mix of low and high intensity moves which results in a calorie burning, dance fitness party. Zumba is a total work-out encompassing cardio, muscle conditioning, balance, and flexibility.

Planning your next conference

MIP provides a variety of services designed to make your conference a success. Conference rooms, catering and additional services are available. To book your next conference go to www.mcmasterinnovationpark.ca/conference-facilities and click “Book Now”. For more information contact: Jarrod Gleadall, MIP Conference Coordinator 905.667.5508 conferences@mcmasterinnovationpark.ca

What's your story?

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Stay informed

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The Escarpment Project on April 26.

This event offers the Hamilton Community a chance to help clean up the escarpment. Join Team MIP by contacting the MIP Head Office or by visiting www.escarpmentproject.ca.

Doors Open Hamilton on May 2-3. This event offers the community of Hamilton the chance to visit different company sites throughout the city who will have their doors open to the public.

The Big Dif on May 7.

This free event, hosted by Innovation Factory, is an annual open house and celebration of entrepreneurship and innovation in Hamilton. Innovation Nation on May 31.

The Big Dif on May 2.

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Sound Options wins second annual Synapse Life Science Competition

Weever Apps Signs Partnership with Xerox

Global Water Expert to Lead at UNU-INWEH

New at MIP: Business Analytics Consulting Group

Art in the Workplace Featured Artist: Kam Nabi
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$41.6 Million Boost for CLSA Aging Study

The Canadian Longitudinal Study on Aging (CLSA) has received a $41.6 million grant through the Government of Canada to continue its work for the next five years. The most comprehensive study of aging ever undertaken in Canada began in 2010 and is led by researchers at McMaster, McGill and Dalhousie universities. It has data collection sites in St. John’s, Halifax, Sherbrooke, Montreal, Ottawa, Hamilton, Winnipeg, Calgary, Vancouver, Victoria and Surrey. The study is being led by Dr. Parminder Raina — a McMaster professor and holder of both the Canada Research Chair in Geroscience and the Raymond and Dr. Margaret Labarge Chair in Research and Knowledge Application for Optimal Aging — along with co-principal investigators Dr. Susan Kirkland of Dalhousie University in Halifax, and Dr. Christina Wolfinson of McGill University in Montreal.

“This funding is a strong vote of confidence in the importance of improving Canadians’ health through a better understanding of the aging process,” said Raina. “We are gathering a broad range of information on biological, medical, psychological, social, lifestyle and economic aspects of aging ever undertaken in Canada”.

The study has data collection sites in St. John’s, Halifax, Sherbrooke, Montreal, Ottawa, Hamilton, Winnipeg, Calgary, Vancouver, Victoria and Surrey. A total of 50,000 Canadians are being followed over 20 years to provide information which can be used to improve understanding on subjects ranging from aging, disease development to how social habits may affect how someone ages, and ultimately promote healthy aging.