



# GROUP FITNESS SCHEDULE

**FALL 2018**  
**Sept. 10 - Dec. 21, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20.20.20 9:15 – 10:15 am Jan	PURE STRENGTH 9:15 – 10:15 am Natalie	BODYSHOCK 9:15 – 10:15 am Natalie	POWER CIRCUIT 9:15 – 10:15 am Jean	Tone & Stretch 9:15 – 10:15 am Jean
	9:15 – 10:15 am YOGA (Elm Rm.) Kelly		9:15 – 10:15 am YOGA (Elm Rm.) Keely	
MODERATE MOVES 10:25 – 11:25 am Christine	STEP IT UP 10:25 – 11:25 am Donna	FIT & FUNCTIONAL 10:25 – 11:25 am Donna	STRETCH APPEAL 10:25 – 11:25 am Donna	MODERATE MOVES 10:25 – 11:25 am Christine
DRUMS ALIVE 11:35 am – 12:35 pm Christine	TUNE & TONE 11:35 am – 12:35 pm Vivian	STRONG & MOBILE 11:35 am – 12:35 pm Margot	INTERVAL FUSION 11:35 am – 12:35 pm Vivian	
SHRED IT! 5:30 – 6:30 pm Dina	POUND® 5:30 – 6:15 pm Natalie	TABATA 5:30 – 6:15 pm Dina	CIRCUIT FUSION 5:30 – 6:15 PM MEGAN	
	YOGA (Elm Rm.) 6:45 - 7:45 pm Keely		YOGA (Elm Rm.) 5:30 - 6:30 pm Keely	

*Please note there are no classes on statutory holidays and all drop-in classes are subject to change. Youth 16 yrs. & older welcome, 13-15 yrs. are welcome with parent supervision.*

## WEIGHT ROOM HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am - 9:30 pm	6:00 am - 9:30 pm Brave Hearts Program 10:30 - 11:30 am	6:00 am - 9:30 pm	6:00 am - 9:30 pm Brave Hearts Program 10:30 - 11:30 am	6:00 am - 9:00 pm	9:00 am - 4:00 pm	9:00 am - 4:00 pm
12:00 - 1:00 pm Weight Rm. Supervisor Brandon	4:00 - 5:00 pm Teen Time Supervision 5:00 - 6:00 pm Weight Rm. Supervisor Gail	11:00 - 12:00 pm Weight Rm. Supervisor - Bianca	4:00 - 5:00 pm Teen Time Supervisor 5:00 - 6:00 pm Weight Rm. Supervisor Gail	10:00 - 12:00 pm Weight Rm. Supervisor TBA	9:30 - 11:30 am Weight Rm. Supervisor TBA	

*Teen Time & Weight Room Supervisors can review how to use the equipment, offer weight room etiquette tips and give you the opportunity to ask any health-related questions. Youth 16 yrs. & older welcome, 13-15 yrs. must have adult supervision or attend during Supervised "Teen Time".*

## COMPLEX ADMISSIONS

General Admission Fees (taxes included)  
Swimming, Skating, Drop-in Hockey, Weight Room & Drop-in fitness Classes

	CHILD 4-12 YRS	YOUTH 13-18 YRS	ADULT 19-59 YRS	SENIOR/STUDENT 60 – 84 YRS/ 18-25 YRS	SUPER SENIOR 85 YRS +	FAMILY 2 PARENTS/GUARDIANS & DEPENDANT CHIL- DREN
Drop-in	\$3.50	\$4.80	\$6.30	\$5.30	\$4.80	\$13.05
10-Visits	\$31.50	\$43.00	\$56.40	\$47.70	\$43.00	\$117.40
30-Visits	\$87.60	\$119.40	\$156.60	\$132.60	\$119.40	\$326.40
1 Month	\$38.55	\$52.55	\$68.85	\$58.35	\$52.55	\$143.55
3 Months	\$94.20	\$124.10	\$162.75	\$137.90	\$124.10	\$339.30
6 Months	\$161.05	\$219.60	\$287.95	\$244.00	\$219.60	\$600.25
12 Months	\$304.60	\$415.35	\$544.55	\$461.50	\$415.35	\$1,135.25

CLASS	INTENSITY	DESCRIPTION
<b>BARRE FUSION</b>	<b>L/M</b>	A fusion of Ballet, Pilates, strength and flexibility training. This class will transform and sculpt your entire body leaving you with better posture and poise. Open to all levels. No cardio.
<b>BODYSHOCK</b>	<b>CH</b>	Experience the hard work and be surprised by how much fun you have doing it. We rotate cardio and strength movements to shock the body to reveal its true strength and beauty. Bring a towel!
<b>20.20.20</b> <b>NEW</b>	<b>M</b>	Bringing together all your favourite workouts, this one-of-a-kind session comprises 20 minutes of cardio, 20 minutes of strength and 20 minutes of core.
<b>DRUMS ALIVE</b>	<b>L/M</b>	Drums Alive is a high-energy, stress-busting exercise class that promises to chase away the blues. Drumming on large exercise balls and moving to great music will have your heart pumping! Beginner class available.
<b>FIT &amp; FUNCTIONAL</b>	<b>M</b>	This workout includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength leaving you feeling energized and strong!
<b>HIIT MIX</b>	<b>M</b>	This action packed class includes a mix of HIIT training and functional movements that will be the perfect balance for enhancing your fitness level.
<b>INTERVAL FUSION</b>	<b>L</b>	Interval low impact cardio routines alternating with resistance muscle conditioning segments to guarantee participants a total body workout that includes a comprehensive stretch. Chairs optional throughout the class.
<b>MODERATE MOVES</b>	<b>M</b>	This class provides an overall workout. Although the cardio section is moderate, the optional power moves make it suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body, focusing on controlled quality moves
<b>POUND ROCKOUT WORKOUT</b>	<b>M</b>	Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements.
<b>PURE STRENGTH</b> <b>NEW</b>	<b>M/CH</b>	This barbell/dumbbell program is for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.
<b>SHRED IT!</b> <b>NEW</b>	<b>M/CH</b>	This class is a high energy no-nonsense workout that will improve your overall fitness level with an emphasis on cardio bursts, drills and strength exercises.
<b>STEP IT UP</b>	<b>L/M</b>	Easy STEP drills for 30 min. and 30 min. of core exercises. We blend Pilates with other bodyweight exercises as we move from one body position to the next. Challenge your core, mobility, balance and strength from every possible angle.
<b>STRONG &amp; MOBILE</b>	<b>L/M</b>	This is a basic entry-level class and perfect for people with osteoporosis, arthritis and muscle loss or recovering from injuries. This class combines strength work with mobility/flexibility work and balance to improve posture and functional movement.
<b>STRETCH APPEAL</b>	<b>L/M</b>	New stretch class moving through core-challenging movements incorporating breath and balance to elongate and strengthen. No cardio and with gentle background music. You will leave relaxed and taller.
<b>TUNE &amp; TONE</b>	<b>L/M</b>	Lo-impact cardio, toning and stretch. Bands are perfect to target the back, hips and arms without getting on the floor.
<b>TABATA</b>	<b>M/CH</b>	Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises you workout hard for 20 seconds then rest for 10 seconds and complete 8 rounds of each exercise.
<b>TONE &amp; STRETCH</b>	<b>L</b>	Suitable for any level of fitness, the classes are low-impact with a real focus on proper engagement of your abdominals to build core strength as well and toning and stretching your muscles through various exercises that will improve flexibility and strength.
<b>TOTAL BODY CONDITIONING</b>	<b>M</b>	Total Body Conditioning is a complete workout. This class incorporates strength and cardio segments using equipment such as dumbbells, barbells, and bands, for a total body workout.
<b>YOGA</b>	<b>L</b>	Build a strong personal relationship and your yoga practice. All levels welcome.