

Drop-in Fitness Class Schedule

SUMMER 2019

Effective: June 17 - Sept. 9



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SENSIBLE STRENGTH 8:15 am - 9:15 am Jan	POWER SPIN - Jean 8:15 am - 9:00 am Yoga - Kelly 9:15 am - 10:15 am (Elm Rm.)	BODYSHOCK 8:15 am - 9:15 am Natalie	POWER SPIN - Natalie 8:15 am - 9:00 am YOGA - Keely 9:15 am - 10:15 am (Elm Rm.)
	MODERATE MOVES 10:25 am - 11:25 am Christine 	INTERVAL FUSION 10:25 am - 11:25 am Viv 	STRETCH APPEAL 10:25 am - 11:25 am Donna 
	POWER SPIN 5:30 pm - 6:15 pm Jean	TABATTA 5:30 pm - 6:15 pm Dina	YOGA 5:30 pm - 6:30 pm (Elm Rm.) Kelly
For the weeks of June 17 - June 28th, Yoga will be located in the Dogwood Room due to PRISMA. POWER SPIN will also be located in the Dogwood room for the duration of the summer schedule.		SUNSET YOGA (Wharf @ Westview - \$5 drop-in) 7:00 pm - 8:00 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.

Look for this icon to find senior friendly fitness programs 

WEIGHT ROOM HOURS

Hours effective: July 2 - September 8, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am - 9:00 pm	9:00 am - 12:00 pm	CLOSED				

Youth 16 yrs. & older welcome, 13-15 yrs. are welcome with parent supervision.

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 CHILDREN
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
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	\$461.05	\$415.35	\$1,135.25
FAMILY SKATE SPECIAL (includes admission & skate rentals)						\$18.55



CLASS	LEVEL	DESCRIPTION
BODYSHOCK	Challenging	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!
INTERVAL FUSION	Low/ Moderate	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.
MODERATE MOVES	Moderate	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.
POWER SPIN	Moderate to Challenging	Get a full body workout with this 45-minute high energy spin class.
SENSIBLE STRENGTH	Moderate	This class will include a mixture of strength training with small amount of cardio and functional movement exercises for an overall body workout.
STRETCH APPEAL	Low/ Moderate	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.
SUNSET YOGA	Low/ Moderate	This fantastic outdoor yoga session is an amazing way to unwind from the day. Drop-in for \$5 or register for the entire 9 week session for \$36.
TABATA	Moderate/ Challenging	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.
YOGA	Low	Build a strong personal relationship and your yoga practice. All levels welcome.