



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENSIBLE STRENGTH 9:15 – 10:15 am Jan	CYCLE FIT (Poolside Rm) 9:15 – 10:00 am - Nicole PILATES (Dogwood Rm) - Bristol YOGA (Elm Rm.) Kelly 9:15 – 10:15 am	BODYSHOCK 9:15 – 10:15 am Natalie	CYCLE FIT (Poolside Rm.) 9:15 – 10:00 am - Nicole YOGA (Elm Rm.) - Kelly 9:15 - 10:15 am	TONE & STRETCH 9:15 – 10:15 am Jean
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
EASE FIT 11:35 am – 12:35 pm Christine	BETTER BONES 11:35 am – 12:35 pm Roché	STRONG & MOBILE 11:35 am – 12:35 pm Margot	INTERVAL FUSION 11:35 am – 12:35 pm Vivian	
3,2,1 HIIT IT 5:30 – 6:15 pm Darlane	POWER CIRCUIT 5:30 – 6:15 pm Jan	CARDIO CRUSH 5:30 – 6:15 pm Kimberley	CYCLE FIT (Poolside Rm.) 5:30 – 6:15 pm - Jean YOGA (Elm Rm.) 5:30 - 6:30 pm - Kelly	
	YOGA (Elm Rm.) 6:45 - 7:45 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.



CHILD-MINDING

We are looking at revamping our Child-minding services!

Share your ideas on improving child-minding services at the Complex by contacting Alex Craig at

acraig@powellriver.ca

WEIGHT ROOM HOURS

Effective: Sept 9 - Dec 20, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:00 pm	8:00 am - 8:30 pm	8:00 am - 8:30 pm
	BRAVE HEARTS 10:30 - 11:30 am Priority Use of Cardio Machines		BRAVE HEARTS 10:30 - 11:30 am Priority Use of Cardio Machines			
	4:00 - 6:00 pm Teen Time Supervision Gail	11:00 - 12:00 pm Weight Rm. Supervision Bianca	3:30 - 5:30 pm Teen Time Supervision Brandon			

Youth 16 yrs. & older welcome, 13-15 yrs. are welcome with parent supervision or attend during Supervised "Teen Time". No Supervision on statutory holidays and supervision times are subject to change.

CLASS	INTENSITY	DESCRIPTION
3,2,1,HIIT IT NEW	Moderate to Challenging	This high intensity and endurance based workout will use the 3-2-1 interval approach: 3 minutes of strength. 2 minutes of cardio, 1 minute of core for an all over body workout.
BETTER BONES NEW	Moderate to Challenging	This class builds strong bones with strength training, agility, balance and core training to give you the best body to grow old with. It is excellent for those managing osteoporosis or wanting to reduce their risk of developing osteoporosis.
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!
CARDIO CRUSH NEW	Moderate	Crush your cardio goals with a full-body program designed to tone muscle while building cardio endurance.
CYCLE FIT NEW	Moderate	Get a full body workout with this 45-minute high energy cardio spin class. All levels welcome, however we would encourage anyone new to spin to sign up for Intro to Spin prior to taking a drop-in spin class.
EASE FIT It's BACK!	Low	This gentle movement class using Classic/Folk music to inspire you provides a full body workout that will tone your body and improve your balance, energy, range of motion and mobility. Explore the freedom of movement in a relaxed and supportive environment. Chairs available.
FIT & FUNCTIONAL	Moderate	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!
INTERVAL FUSION	Low to 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.
PILATES NEW	Low to Moderate	This mat Pilates class focuses on precise movements originating from the center or core of your body working from the deepest layers of muscles, which stabilize and support your spine and pelvis resulting in a strong, flexible spine with ideal posture and alignment. Classes will incorporate modifications and variations to suit all abilities of students.
POWER CIRCUIT	Moderate to Challenging	Get ready for a station-based <i>class</i> that pairs strong, weighted movements with serious cardio and core work. Class combines functional strength exercises with High-Intensity-Interval-Training (HIIT) cardio.
SENSIBLE STRENGTH	Moderate	Bringing together all your favourite workouts, this one-of-a-kind session comprises strength training, core and small bursts of cardio.
STEP IT UP	Low to Moderate	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.
STRONG & MOBILE	Low to Moderate	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.
STRETCH APPEAL	Low to 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.
TONE & STRETCH	Low to Moderate	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.
YOGA	Low	Build a strong personal relationship and your yoga practice. All levels welcome.