

FALL *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE IN EFFECT OCTOBER 4 - DECEMBER 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & CORE 9:15 - 10:15am With Roché <i>Dogwood Room</i>	DYNAMIC CORE 8:15 - 9:00am With Roché <i>Dogwood Room</i>	GENTLE SPIN 9:15 - 10:00am With Viv <i>Rink Dry Floor</i> <i>(Sept & Oct)</i> <i>Poolside Room</i> <i>(Nov & Dec)</i>	SPIN 9:15 - 10:00am With Roché <i>Rink Dry Floor</i> <i>(Sept & Oct)</i> <i>Poolside Room</i> <i>(Nov & Dec)</i>	SENSIBLE STRENGTH 9:15 - 10:15am With Kimberley <i>Dogwood Room</i>
LUNCH TIME YOGA 12:15 - 12:45pm With Kimberley <i>Elm Room</i>	SPIN 9:15 - 10:00am With Roché <i>Rink Dry Floor</i> <i>(Sept & Oct)</i> <i>Poolside Room</i> <i>(Nov & Dec)</i>	STEP IT UP 10:30 - 11:30am With Donna <i>Dogwood Room</i>	MORNING YOGA 9:30 - 10:30am With Kelly <i>Elm Room</i>	CHAIR YOGA 10:30 - 11:30am With Kimberley <i>Dogwood Room</i>
SENIORS WELLNESS 1:00 - 2:00pm With Viv <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Donna <i>Dogwood Room</i>	STRONG & MOBILE 11:45am - 12:45pm With Margot <i>Dogwood Room</i>	FIT & FUNCTIONAL 10:45 - 11:45am With Donna <i>Dogwood Room</i>	POWER CIRCUIT 12:15 - 12:45pm With Kimberley <i>Dogwood Room</i>
HIIT 5:30 - 6:15pm With Megan <i>Dogwood Room</i>		SENIORS WELLNESS 1:00 - 2:00pm With Margot <i>Dogwood Room</i>		SENIORS WELLNESS 1:00 - 2:00pm With Viv <i>Dogwood Room</i>
		PILATES 6:30 - 7:15pm With Bristol <i>Elm Room</i>		

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CLASS DESCRIPTIONS

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CHAIR YOGA	Improve balance, strength and mobility by practicing yoga movements with the assistance of a chair. This class is ideal for those with lower mobility, recovering from injury or those just looking for a gentle yoga class without getting down on the floor.
CYCLE FIT	Burn calories and stress on your lunch break and return to your day focused and energized! This moderate to high intensity class will challenge your body for a fun packed 30 minutes!
DYNAMIC CORE <i>IT'S BACK!</i>	This class draws from Yoga, Pilates, and Barre styles of practice to bring attention to movement and mobility. Proper breathing exercises will help you incorporate the core appropriately to support your back and resistance bands and soft balls will help guide and focus the exercise for a stronger mind body awareness. Participants will need to be able to do floor work.
FIT & FUNCTIONAL	This workout includes low impact aerobic, 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.
GENTLE SPIN	Enjoy this morning spin class specifically suited to those looking for a moderate cardio workout. Expect fun music, expert instruction and a variety of cycling drills where you set your own intensity.
HIIT	High Intensity Interval Training is an enhanced form of cardio training alternating between high intensity and low recovery exercises. HIIT is the perfect method for losing fat while retaining muscle.
LUNCH TIME YOGA	Practice poses, breathing and relaxation through movement. This gentle yoga class is suitable for all levels and perfect for those looking for a lunch time option.
MORNING YOGA <i>NEW!</i>	This beginner friendly class incorporates a variety of yoga styles to give you a gentle workout that satisfies the mind, body, and soul.
PILATES	This mat Pilates class focuses on precise movements originating from the core of your body, working from the deepest layers of muscles, which stabilize and support your spine. This results in a strong, flexible spine with ideal posture and alignment. Classes will incorporate modifications and variations to suit all abilities of students.
POWER CIRCUIT	Get ready for a station based class that pairs strong, weighted movements with serious cardio and core work. This class combines functional strength exercises with High Intensity Interval Training (HIIT) cardio. Work at an intensity that is challenging for you! All levels welcome.
SENIORS WELLNESS	This class will combine safety, mobility, flexibility and balance exercises including mild aerobic routines for seniors. Meet new acquaintances and re-new old friendships.
SENSIBLE STRENGTH	Bringing together all your favourite workouts, this one-of-a-kind session comprises strength training and core exercises.
SPIN	Get your day moving with our Tuesday and Thursday morning spin class. Open to all fitness levels, this class includes drills to build power and endurance, such as sprints and hill climbs, as well as upper body exercises off of the bike.
STEP IT UP <i>IT'S BACK!</i>	This class offers easy step choreography to challenge your mind and body. The workout includes strength and balance moves using the step as a prop and adding different equipment each week. This class can also be done without the step for beginners.
STRENGTH & CORE	This class combines full body strength training moves with core exercises to give you a challenging workout to start your week off right. A variety of equipment will be used, including free weights and bands. All levels welcome.
STRETCH APPEAL	This stretch class will move through core-challenging movements incorporating breath and balance to elongate and strengthen. No cardio, with gentle background music. You will leave relaxed and taller.
STRONG & MOBILE	This is a basic entry-level class. Perfect for people with osteoporosis, arthritis, muscle loss or recovering from injuries. This class combines strength work with mobility/flexibility work and balance to improve posture and functional movement.
WORKOUT OF THE WEEK!	This is an instructors choice class! Look forward to something different and challenging each week such as circuits, tabata, cardio intervals or strength work. A variety of equipment will be used for this full body 30 minute workout.