

WINTER Fitness

WEEKLY DROP IN FITNESS SCHEDULE BEGINNING JANUARY 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & CORE 9:15 - 10:15am With Roché <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Donna <i>Dogwood Room</i>	TOTAL BODY CONDITIONING 9:15 - 10:15am With Donna <i>Dogwood Room</i>	DYNAMIC CORE 8:15 - 9:00am With Roché <i>Dogwood Room</i>	SENSIBLE STRENGTH 9:15 - 10:15am With Kimberley <i>Dogwood Room</i>
MODERATE MOVES 10:30 - 11:30am With Christine <i>Dogwood Room</i>	FIT & FUNCTIONAL 10:30 - 11:30am With Donna <i>Dogwood Room</i>	GENTLE SPIN 10:30 - 11:30am With Viv <i>Dogwood Room</i>	SPIN 9:15 - 10:00am With Roché <i>Dogwood Room</i>	CHAIR YOGA 10:30 - 11:30am With Kimberley <i>Dogwood Room</i>
LUNCH TIME YOGA 12:00 - 12:45pm With Kimberley <i>Elm Room</i>	INTERVAL FUSION 11:45am - 12:45pm With Vivian <i>Dogwood Room</i>	STRONG & MOBILE 11:45am - 12:45pm With Margot <i>Dogwood Room</i>	MORNING YOGA 9:30 - 10:30am With Kelly <i>Elm Room</i>	POWER CIRCUIT 12:15 - 12:45pm With Kimberley <i>Dogwood Room</i>
SENIORS WELLNESS 1:00 - 2:00pm With Viv <i>Dogwood Room</i>	HIIT 6:45 - 7:45pm With Keely <i>Dogwood Room</i>	SENIORS WELLNESS 1:00 - 2:00pm With Margot <i>Dogwood Room</i>	FIT & FUNCTIONAL 10:30 - 11:30am With Donna <i>Dogwood Room</i>	SENIORS WELLNESS 1:00 - 2:00pm With Viv <i>Dogwood Room</i>
SPIN & CORE 5:30 - 6:15pm With Darlana <i>Dogwood Room</i>		PILATES 6:30 - 7:15pm With Bristol <i>Elm Room</i>		

WINTER *Fitness*

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.
DYNAMIC CORE	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.
EXPRESS SPIN	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.
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.
INTERVAL FUSION	Interval low impact cardio routines alternating with resistance muscle conditioning segments to guarantee participants a today body workout that includes a comprehensive stretch. Chairs optional throughout the class.
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	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 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.
SPIN & CORE	Finish your Monday with this stress busting spin and core class. Designed with 30 minutes of spin drills and 15 minutes of core work, this class is deal for those looking to improve cardiovascular fitness while building a stronger and leaner core.
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.
TOTAL BODY CONDITIONING	This complete workout is designed to strengthen and tone your legs, arms and core while increasing flexibility and cardio stamina. This is a total body workout, great for any fitness level!