

FALL *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE BEGINNING SEPTEMBER 6 - DECEMBER 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & CORE 9:15-10:15am With Roché <i>Dogwood Room</i>	SPIN 8:15-9:00am With Roché <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>	SPIN 8:15-9:00 With Viv <i>Dogwood Room</i>	EVERY BODY YOGA 9:00-10:00am 3rd Saturday of the Month With Kimberley <i>Dogwood Room</i>
MODERATE MOVES 10:30-11:30am With Christine <i>Dogwood Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i>	GENTLE SPIN 10:30-11:15am With Viv <i>Dogwood Room</i>	MORNING YOGA 9:30-10:30am With Kelly <i>Elm Room</i>	SENSIBLE STRENGTH 9:15-10:15am With Kimberley <i>Dogwood Room</i>	
LUNCH TIME YOGA 12:00-12:45pm With Kimberley <i>Elm Room</i>	SWEAT HIIT OUT 12:15-12:45pm With Kaylin <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>	CHAIR YOGA 10:30-11:30am With Kimberley <i>Dogwood Room</i>	
SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>	FULL BODY CIRCUIT 4:30-5:15pm With Keely <i>Dogwood Room</i>	SENIORS WELLNESS 1:00-2:00pm With Margot <i>Dogwood Room</i>	SWEAT HIIT OUT 12:15-12:45pm With Kaylin <i>Dogwood Room</i>	SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>	
SPIN & CORE 5:15-6:00pm With Darlana <i>Dogwood Room</i>		PILATES 6:30-7:15pm With Bristol <i>Elm Room</i>	BACK TO BASICS 5:15-6:00pm With Kaylin <i>Dogwood Room</i>		

FALL *Fitness*

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
BACK TO BASICS <i>NEW!</i>	When the kids head back to school, its time for you to get back to the basics! Strength, endurance, flexibility and cardiovascular conditioning. Nothing fancy here; just hard work, good music and motivation. Your body and mind will thank you for getting back into a fitness routine this Fall.
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.
EVERY BODY YOGA <i>NEW!</i>	Explore your mind-body-breath connection in this beginner friendly body positive Hatha yoga practice. We will approach poses with a sense of curiosity and without judgement, welcoming every identity, body, and ability. Modifications and props such as chairs, bolsters, blocks and straps will be offered to help make poses more accessible.
FULL BODY CIRCUIT	End your workday with a full body circuit class designed to build endurance and strength. A variety of equipment will be used and alternating exercises will keep the motivation and energy high!
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.
MODERATE MOVES	This class provides an overall workout. Featuring moderate cardio and optional power moves, this class is suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body, focusing on controlled quality movements.
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.
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 & CORE	Finish your day 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. 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.
SWEAT HIIT OUT <i>NEW!</i>	Our 30 minute sweat session! Break a sweat with time left over to eat your lunch and shower before you head back to work or continue with your day. Short, sweet, and effective!
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!