

WINTER *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE JANUARY 2 - MARCH 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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>	EVERY BODY YOGA 9:30-10:30am 1st Saturday of the Month With Kimberley <i>Elm Room</i>
MODERATE MOVES 10:30-11:30am With Christine <i>Dogwood Room</i>	INTERVAL FUSION 10:30-11:30am With Viv <i>Dogwood Room</i>	FUNCTIONAL FLEXIBILITY 9:30-10:30am With Kimberley <i>Elm Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <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>	NOON PILATES 12:00-12:45pm With Alexis <i>Elm 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>	SPIN 12:00-12:45pm 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>	STRONG & MOBILE 11:45am-12:45pm With Margot <i>Dogwood Room</i>	BACK TO BASICS 5:15-6:00pm 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>	TUESDAY EVENING YOGA 5:30-6:30pm With Keely <i>Elm Room</i>	SENIORS WELLNESS 1:00-2:00pm With Margot <i>Dogwood Room</i>	<div style="background-color: #f08080; padding: 10px; text-align: center;"> <h3>GYM HOURS</h3> <p>MONDAY - FRIDAY from 6:00am - 2:15pm & 3:15 - 9:00pm</p> <p>SATURDAY & SUNDAY from 8:00am - 8:30pm</p> </div>		
GENTLE YOGA 6:15-7:15pm With Kaylin <i>Elm Room</i>		PILATES 6:30-7:15pm With Alexis <i>Elm Room</i>			

WINTER Fitness

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
BACK TO BASICS	Jump start your fitness routine with the basics! Strength, endurance, flexibility, and cardiovascular conditioning. Nothing fancy here; just hard work, good music and motivation.
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	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!
FUNCTIONAL FLEXIBILITY	This class explores key stretches to improve body awareness, mobility and posture. Stretches will be held longer to release tension in the body, allowing muscles and connective tissues to lengthen gradually. Props such as chairs, bolsters and blocks will be used as a support and seated options will be provided to those participants who are unable to get to the floor.
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.
GENTLE YOGA	A relaxing yoga class that is led through the lens of mindfulness and focuses on the body in each moment. Borrowing from the Yin style, this class will utilize passive poses, held for a longer duration to help truly unwind and destress from the day.
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.
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.
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.
NOON PILATES	One of the main focuses of Pilates is the core and this class is designed to improve your posture, tone your tummy and strengthen the pelvic floor. Beginners welcome!
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	This 45 minute lunch time spin has everything you want including hills, intervals, sprints, recovery and good music. This class is suitable for all levels.
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. Participants must be able to transition to the floor for core work.
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.
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!
TUESDAY EVENING YOGA	Explore dynamic movement and postures to unlock tension within your body. This flow yoga class will help you to build a strong personal relationship with your practice and discover the many benefits of adding yoga to your life.

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