


# WINTER Fitness

## WEEKLY DROP IN FITNESS SCHEDULE

**JANUARY 2 - MARCH 28**

*No classes February 19 & March 29*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STRENGTH &amp; CORE</b> 9:15-10:15am With Roché <i>Dogwood Room</i>	<b>INVIGORATING SPIN</b> 8:15-9:00am With Roché <i>Dogwood Room</i>	<b>TOTAL BODY CONDITIONING</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>DYNAMIC CORE</b> 8:15-9:00am With Roché <i>Dogwood Room</i>	<b>SENSIBLE STRENGTH</b> 9:15-10:15am With Kimberley <i>Dogwood Room</i>	<b>ZUMBA</b> 9:15-10:15am With Lyn <i>Dogwood Room</i>
<b>MODERATE MOVES</b> 10:30-11:30am With Christine <i>Dogwood Room</i>	<b>STRETCH APPEAL</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>FUNCTIONAL FLEXIBILITY</b> 9:15-10:15am With Kimberley <i>Elm Room</i>	<b>STRETCH APPEAL</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>CHAIR YOGA</b> 10:30-11:30am With Kimberley <i>Dogwood Room</i>	<b>NIA DANCE</b> 10:30-11:30am With Stephanie <i>Dogwood Room</i>
<b>LUNCH TIME YOGA</b> 12:00-12:45pm With Kimberley <i>Elm Room</i>	<b>STRONG &amp; MOBILE</b> 10:30-11:30am With Donna <i>Dogwood Room</i>	<b>GENTLE SPIN</b> 10:30-11:15am With Viv <i>Dogwood Room</i>	<b>MORNING YOGA</b> 9:30-10:30am With Kelly <i>Elm Room</i>	<b>EXPRESS HIIT CIRCUIT/ EXPRESS SPIN</b> 12:15-12:45pm With Kimberley <i>Dogwood Room</i>	
<b>SENIORS WELLNESS</b> 1:00-2:00pm With Viv <i>Dogwood Room</i>	<b>AFTERNOON SPIN</b> 4:30-5:15pm With Keely <i>Dogwood Room</i>	<b>STRONG &amp; MOBILE</b> 11:45am-12:45pm With Margot <i>Dogwood Room</i>	<b>INTERVAL FUSION</b> 10:30-11:30am With Vivian <i>Dogwood Room</i>	<b>SENIORS WELLNESS</b> 1:00-2:00pm With Viv <i>Dogwood Room</i>	
<b>SPIN &amp; STRENGTH</b> 5:00-6:00pm With Darlana <i>Dogwood Room</i>	<b>TUESDAY EVENING YOGA</b> 5:30-6:30pm With Keely <i>Elm Room</i>	<b>SENIORS WELLNESS</b> 1:00-2:00pm With Margot <i>Dogwood Room</i>	<b>SPIN &amp; CORE</b> 5:15-6:15pm With Keely <i>Dogwood Room</i>		
<b>YOGA FUSION</b> 5:15-6:15pm With Tami <i>Elm Room</i>	<b>ZUMBA</b> 6:45-7:45pm With Lyn <i>Dogwood Room</i>	<b>PILATES</b> 5:45-6:45pm With Keely <i>Dogwood Room</i>	<b>YIN YOGA</b> 5:30-6:30pm With Kelly <i>Elm Room</i>		

# GYM HOURS

**MONDAY - FRIDAY**  
from 6:00am - 2:15pm  
& 3:15 - 9:00pm

**SATURDAY & SUNDAY**  
from 8:00am - 8:30pm

# WINTER Fitness

## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
AFTERNOON SPIN	A mix of hills and drills, strength and endurance, all to the beat of great music. This is an excellent way to wind down from your day.
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 HIIT CIRCUIT/ EXPRESS SPIN	This class alternates each week between functional strength exercises with High-Intensity-Interval-Training (HIIT) cardio and spin that has everything including hills, intervals, sprints and recovery. All levels welcome! Alternating days: Odd days HIIT, Even days Spin!
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.
INVIGORATING SPIN	Start your day with an invigorating spin workout! With a mix of spin drill and upper body exercises off the bike, participants can expect a great workout!
LUNCH SPIN	This 30 minute lunch time spin has everything you want including hills, intervals, sprints, recovery and good music. This class is suitable for all levels.
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.
NIA DANCE	Nia is a holistic movement class and a powerful fusion of dance, martial arts and mindfulness practices. Practiced barefoot and using a system of 52 simple moves, each Nia workout delivers full-body conditioning leaving you energized, mentally clear, and emotionally balanced.
PILATES	This 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 ideal 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.
YIN YOGA	Yin Yoga is a slow-paced practice with long deep holds to enhance mobility and flexibility by targeting your deep connective tissue. Excellent for stress release and overall mental health. All levels welcome!
YOGA FUSION	This class will blend various styles of yoga merging from a Hatha base. Traditional strength building movements will be followed by gentle Yin poses for fascia release. This class aims to increase overall wellness through the release of mind-body tensions by channeling energy into stability and breath. All levels are welcome to participate together.
ZUMBA	This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.