

SPRING *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE

BEGINNING APRIL 2 - JUNE 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTHY HIIT 6:15-7:00am With Paloma <i>Dogwood Room</i>	INVIGORATING SPIN 8:15-9:00am With Roché <i>Dogwood Room</i>	LOW IMPACT TABATA 6:15-7:00am With Darlana <i>Dogwood Room</i>	DYNAMIC CORE 8:15-9:00am With Roché <i>Dogwood Room</i>	HEALTHY HIIT 6:15-7:00am With Paloma <i>Dogwood Room</i>	ZUMBA® 9:15-10:15am With Lyn <i>Dogwood Room</i>
STRENGTH & CORE 9:15-10:15am With Roché <i>Dogwood Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i>	GENTLE SPIN 8:15-9:00am With Viv <i>Dogwood Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i>	SENSIBLE STRENGTH 9:15-10:15am With Kimberley <i>Dogwood Room</i>	NIA DANCE 10:30-11:30am With Stephanie <i>Dogwood Room</i>
MODERATE MOVES 10:30-11:30am With Christine <i>Dogwood Room</i>	STRONG & MOBILE 10:30-11:30am With Donna <i>Dogwood Room</i>	TOTAL BODY CONDITIONING 9:15-10:15am 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>	
FUNTIONAL FLEXIBILITY 10:45-11:45am With Kimberley <i>Elm Room</i>	HEALTHY HIIT 12:00-12:45pm With Paloma <i>Dogwood Room</i>	FUNCTIONAL FLEXIBILITY 9:15-10:15 With Kimberley <i>Elm Room</i>	INTERVAL FUSION 10:30-11:30am With Vivian <i>Dogwood Room</i>	EXPRESS HIIT CIRCUIT OR SPIN 12:15-12:45pm With Kimberley <i>Dogwood Room</i>	
LUNCH TIME YOGA 12:00-12:45pm With Kimberley <i>Elm Room</i>	AFTERNOON SPIN 4:30-5:15pm With Keely <i>Dogwood Room</i>	STRONG & MOBILE 11:45am-12:45pm With Margot <i>Dogwood Room</i>	PILATES MIX 12:00-12:45pm With Mel <i>Dogwood Room</i>	SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>	
SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>	TUESDAY EVENING YOGA 5:30-6:30pm With Keely <i>Elm Room</i>	BODY WEIGHT BOOTCAMP 12:15-12:45pm With Kimberley <i>Elm Room</i>	SPIN & CORE 5:15-6:15pm With Keely <i>Dogwood Room</i>	WEIGHT ROOM HOURS MONDAY - FRIDAY 6:00am-9:00pm <i>Closed from 2:15-3:15pm</i> SATURDAY & SUNDAY 8:00am-8:30pm (April) 8:00am-6:30pm (May & June) <i>Please note there will be no drop in fitness classes on Statutory Holidays.</i>	
SPIN & STRENGTH 5:00-6:00pm With Darlana/Keely <i>Dogwood Room</i>	ZUMBA® 6:45-7:45pm With Lyn <i>Dogwood Room</i>	SENIORS WELLNESS 1:00-2:00pm With Margot <i>Dogwood Room</i>	YIN YOGA 5:30-6:30pm With Kelly <i>Elm Room</i>		
PILATES MIX 6:45-7:45pm With Mel <i>Dogwood Room</i>		PILATES 5:45-6:45pm With Keely <i>Dogwood Room</i>			

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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.
BODY WEIGHT BOOTCAMP	Simple, quick and effective! A lunchtime class with minimal equipment and maximum fun. Learn how to use your own body for a challenging workout.
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 OR SPIN	This class alternates between functional strength exercises with High-Intensity-Interval-Training (HIIT) and spin that has everything including hills, intervals, sprints and recovery. All levels welcome! Odd numbered dates are a HIIT class, even numbered dates are a spin class.
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 bolsters and blocks) will be used as support.
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.
HEALTHY HIIT	This full body workout combines bodyweight and resistance exercises with cardio movements for a well-balanced 45 minute class that is sure to wake you up. Start your day energized! Open to all fitness levels.
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 class! With a mix of spin drill and upper body exercises off the bike, participants can expect a great workout!
LOW IMPACT TABATA	Tabata alternates frequent bursts of higher intensity training with short periods of rest. This low impact tabata class will get your heart pumping and wake up those sleepy muscles. Work at your own pace – all levels welcome.
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 lunchtime option.
MODERATE MOVES	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 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.
PILATES MIX	Pilates helps to create functional movement patterns that transfer and benefit us in everyday life while Barre moves add repetition and target specific muscle groups. This mat focused class has an emphasis on alignment and stability and is open to all fitness levels.
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 & STRENGTH	Finish your day with this stress busting spin and strength class. Designed with alternating spin drills, upper body strengthening and core work, this class is ideal for those looking to improve cardiovascular fitness while building a stronger and leaner body.
SPIN & CORE	Finish your day with this stress busting spin and core class. Designed with 30 minutes of spin drills and 30 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 the legs, arms and core while increasing flexibility and cardio stamina. This class uses a variety of equipment such as dumbbells, bands and steps, making it a great total body workout for men and women of 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!
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.