

SUMMER *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE JULY & AUGUST

NO CLASSES JULY 1 & AUGUST 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
STRENGTH & CORE 8:15-9:15am With Roché <i>Dogwood Room</i> July 8-August 26	HEALTHY HIIT 6:15-7:00am With Paloma <i>Dogwood Room</i> July 2-August 27	SUMMER SPIN 8:15-9:00am With Viv <i>Dogwood Room</i> July 3-August 21	HEALTHY HIIT 6:15-7:00am With Paloma <i>Dogwood Room</i> July 4-August 29	ZUMBA® 9:15-10:15am With Lyn <i>Dogwood Room</i> July 6-27
MONDAY SPIN 9:30-10:15am With Kimberley <i>Dogwood Room</i> July 8-July 29	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i> July 2-August 27	FIT & FUNCTIONAL 9:15-10:15am With Donna <i>Dogwood Room</i> July 3-August 28	DYNAMIC CORE 8:15-9:00am With Roché <i>Dogwood Room</i> August 1- 29	
MODERATE MOVES 10:30-11:30am With Christine <i>Dogwood Room</i> July 8-August 26	ZUMBA® 6:15-7:15pm With Lyn <i>Dogwood Room</i> July 2-30	FUNCTIONAL FLEXIBILITY 10:30-11:30am With Kimberley <i>Dogwood Room</i> July 3-31	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i> July 4-August 29	
SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i> July 8-August 19		SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i> July 3-August 21	MORNING YOGA 9:30-10:30am With Kelly <i>Elm Room</i> July 4-25	
PILATES MIX 6:45-7:45pm With Mel <i>Dogwood Room</i> July 8-August 26			SENSIBLE STRENGTH 11:30am-12:30pm With Kimberley <i>Dogwood Room</i> July 4-25	
			CHAIR YOGA 1:00-2:00pm With Kimberley/Regina <i>Dogwood Room</i> July 4-August 29	
			YIN YOGA 5:30-6:30pm With Kelly <i>Dogwood Room</i> July 4-25	
			PILATES 6:45-7:45pm With Mel <i>Dogwood Room</i> July 4-August 29	

WEIGHT ROOM HOURS

MONDAY - FRIDAY

6:00am - 9:00pm

SATURDAY

9:00am - 1:00pm

CLOSED ON SUNDAYS

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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.
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.
FIT & FUNCTIONAL	This workout includes low impact aerobics, balance practice, agility drills, targeted strength and 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.
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.
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.
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.
MONDAY SPIN	A mix of hills and drills, strength and endurance, all to the beat of great music. This is an excellent way to start your day and your week.
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 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.
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.
SUMMER SPIN	<i>New Time!</i> Enjoy this morning spin class specifically suited to those looking for a moderate cardio workout. Expect fun music, and a variety of cycling drills where you set your own intensity.
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.