

# FALL *Fitness*

## WEEKLY DROP IN FITNESS SCHEDULE BEGINNING SEPTEMBER 9 - DECEMBER 20

*No classes on September 30, October 10 & November 11*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SUNRISE SWEAT</b> 6:15-7:00am With Paloma <i>Dogwood Room</i>	<b>INVIGORATING SPIN</b> 8:15-9:00am With Roché <i>Dogwood Room</i>	<b>SPIN &amp; STRENGTH</b> 6:15-7:00am With Darlana <i>Dogwood Room</i>	<b>DYNAMIC CORE</b> 8:15-9:00am With Roché <i>Dogwood Room</i>	<b>SUNRISE SWEAT</b> 6:15-7:00am With Paloma <i>Dogwood Room</i>	<b>ZUMBA®</b> 9:30-10:30am With Lyn <i>Dogwood Room</i> <i>*Last class Dec 14</i>
<b>STRENGTH &amp; CORE</b> 9:15-10:15am With Roché <i>Dogwood Room</i>	<b>STRETCH APPEAL</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>SPIN-ERGIZER</b> 8:15-9:00am With Viv <i>Dogwood Room</i>	<b>STRETCH APPEAL</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>SLOW FLOW YOGA</b> 7:15-8:00am With Kimberley <i>Dogwood Room</i>	
<b>MODERATE MOVES</b> 10:30-11:30am With Christine <i>Dogwood Room</i>	<b>TUESDAY EVENING YOGA</b> 5:30-6:30pm With Keely <i>Elm Room</i>	<b>TOTAL BODY CONDITIONING</b> 9:15-10:15am With Donna <i>Dogwood Room</i>	<b>MORNING YOGA</b> 9:30-10:30am With Kelly <i>Elm Room</i>	<b>CHAIR YOGA</b> 9:30-10:30am With Kelly <i>Dogwood Room</i>	
<b>SENIORS WELLNESS</b> 1:00-2:00pm With Viv <i>Dogwood Room</i>	<b>ZUMBA®</b> 6:15-7:15pm With Lyn <i>Dogwood Room</i>	<b>STRONG &amp; MOBILE</b> 11:30am-12:30pm With Margot <i>Dogwood Room</i>	<b>PILATES MIX</b> 10:30-11:30am With Mel <i>Dogwood Room</i>	<b>SENIORS WELLNESS</b> 1:00-2:00pm With Viv <i>Dogwood Room</i>	
<b>FULL BODY CIRCUIT</b> 4:00-4:45pm With Kimberley <i>Dogwood Room</i>		<b>SENIORS WELLNESS</b> 1:00-2:00pm With Margot <i>Dogwood Room</i>	<b>YIN YOGA</b> 5:30-6:30pm With Kelly <i>Elm Room</i>		
<b>SPIN &amp; STRENGTH</b> 5:00-6:00pm With Keely <i>Dogwood Room</i>		<b>LIFT &amp; MOVE</b> 4:30-5:15pm With Paloma <i>Dogwood Room</i>			
<b>PILATES MIX</b> 6:30-7:30pm With Mel <i>Dogwood Room</i>		<b>PILATES</b> 5:45-6:45pm With Keely <i>Dogwood Room</i>			

### *Gym hours*

**MONDAY - FRIDAY**  
**6:00am - 9:00pm**

*The gym will be closed from 2:15 - 3:15pm*

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

# FALL Fitness

## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
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.
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.
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!
LIFT & MOVE 	This 45-minute class infuses resistance and weight training with balance and mobility work in a strength building, well-rounded workout.
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.
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.
SLOW FLOW YOGA 	An awakening yoga class that is led through the lens of mindfulness and focuses on the body in each moment. This beginner friendly class incorporates a flow style to give you a gentle workout that satisfies the mind, body, and soul.
SPIN-ERGIZER 	Come ride with us! This mid-week energizer is a fun, self-pacing workout. Welcome to all participants from beginner to advanced. Adjust your own bike tension for a ride with motivations, music, and easy drills.
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.
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.
SUNRISE SWEAT 	Sunrise Sweat is a high-energy 45-minute class seamlessly blending strength training and aerobic exercises for an invigorating start to your day. Open to all fitness levels.
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.