

Spring GROUP FITNESS SCHEDULE



April 1-June 30, 2024 • Advanced reservation available for drop-in classes for 13+yrs.

Schedule subject to change • For the most up to date schedule please visit our website

No classes on Statutory Holidays: Apr 1, May 20, Aug 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:00 - 6:45am Jacklyn E				Cycle & Core 6:15 - 7:00am Jenna K		
		Strength & Mobility 8:00 - 9:00am Dave R		Strength & Mobility 8:00 - 9:00am Dave R		
HIIT 9:15 - 10:15am Colleen D	Strength & Mobility 9:00 - 10:00am Dave R	Wednesday Workout 9:15 - 10:15am Dave	Strength & Mobility 9:00 - 10:00am Dave R	Bellyfit Flow 9:15 - 10:15am Colleen D	Step & Sculpt 9:00 - 10:00am Tina/Karyn	
Therapeutic Yoga: Level 2 10:30 - 11:30am Tom K	Strength & Mobility 10:15 - 11:15am Dave R	Hatha Yoga 10:30 - 11:30am Tara N	Strength & Mobility 10:15 - 11:15am Dave R	Zumba in the Circuit 10:30 - 11:30am Colleen D	Sculpt & Stretch 10:15 - 11:15am Tina/Karyn	
Parent & Baby Pilates 11:45 - 12:45pm Jenn S Starts Apr 29		Gentle Yoga 11:45 - 12:45pm Tara N	Parent & Baby Yoga 11:30 - 12:30pm Jenn S	Intro to Weightroom 10:30 - 11:30am Dave R June 7 – Jun 28 NEW!	Prenatal Pilates 11:30 - 12:30pm Jenn S Starts May 4	Zumbathon Fundraiser for Cancer 12pm Colleen/Krista Jun 2
Beginner Pilates-Level 1 1:00 - 2:00pm Jenna K		Beginner Pilates-Level 1 1:00 - 2:00pm Jenna @ Shirley CH Starts May 1	Chair Yoga 12:45 - 1:30pm Jenn S	Pilates Level 1-2 11:45 - 12:45pm Jenna	The Landmine Workshop 1:00 - 2:30pm Dave R June 1	
Kids Yoga Ages 5-9 3:45 - 4:30pm Jenn S		Rowing HIIT 1:15 - 2:15pm Donna T May 15-Jun 5 NEW!	Pilates Level 1-2 2:00-3:00pm Jenna@ Becher Bay Starts May 2			
Zumba Strong 5:15-6:00pm Krista Starts Apr 29	Cycle 5:00 - 5:45pm Jacklyn E		Yoga Pilates Fusion 5:00 - 6:00pm Donna T	Personal Training Available Designed with you in mind, personal training will help you achieve your goals. Group and private weight room orientations also available. Included in Active Pass membership		
Step & Sculpt 6:15 - 7:15pm Tina/Karyn	Yoga Pilates Fusion 6:15 - 7:15pm Donna T	Step & Sculpt 6:15 - 7:15pm Tina/Karyn	Yoga Pilates Fusion 6:15 - 7:15pm Donna T			
Move & Restore Yoga 7:30 - 8:30pm Deanna	Bellyfit 7:30 - 8:30pm Colleen D	Prenatal Yoga 7:30 - 8:30pm Jenn S Starts May 1	Zumba 7:30 - 8:30pm Colleen D	Premium drop-in Class, \$10.50/class Registered Program drop-in available if space permits OFFSITE – must call reception to drop-in min 30 min prior		

WEIGHT ROOM HOURS

MONDAY TO FRIDAY

SATURDAY & SUNDAY

Patrons 16 years and older welcome during hours of operation.

*Ages 13-15 can attend with a completed Youth Weight Room Orientation

6:00 AM – 9:00 PM

7:00 AM – 9:00 PM

Modified schedule: 9am -5pm: May 20. For most up to date schedule, please visit our website .

Last Updated: May 1, 2024

Group Fitness Drop-in:

Advanced Reservation is recommended up to 1 week in advance. Regular admission rates apply, except Cycle \$10.50/class

Bellyfit

A perfect fusion of Belly dance inspired moves set to incredible music, cardio, functional fitness and mindfulness.

Bellyfit Flow

Holistic Fitness for the Mind, Body & Soul. This 1-hour class is done entirely on your Yoga mat, and it offers a seamless fusion of Yoga inspired poses, combined with Bellyfit's signature dance & fitness elements and set to an incredible, inspiring soundtrack from start to sweaty finish.

Hatha Yoga

Develop more awareness, strength, and flexibility with a balanced practice that will include intelligent sequences, detailed postures and time for a calming breath practice.

HIIT

High Intensity Interval Training is periods of short, intense exercise with recovery periods. Set your own level of intensity in this full body workout.

Sculpt & Stretch

Build strength, endurance and flexibility in this low impact class. All levels welcome.

Step & Sculpt

High/low impact class, includes step, cardio, strength, and core exercises. All levels welcome.

Wednesday Workout

Enjoy a full body medium-to-high intensity circuit workout that focuses on strength and endurance. Work at your own pace in a supportive and energetic team environment. Modifications allow for all fitness levels.

Yoga Pilates Fusion

This movement-based flow style class focuses on alignment, breath and core strength. Restore balance and expand awareness of the body, breath and mind in this physical practice.

Zumba®

An exhilarating, effective, Latin-inspired, calorie-burning dance fitness-party. Zumba® blends red-hot Latin music, and contagious steps to form a 'fitness-party' that is downright addictive. No skill required.

Cycle/Cycle & Core – \$10.50/class

The ultimate indoor cycling workout combining aerobic and anaerobic exercise through drills and speed work. Build endurance and cardio in this fun class while working at your own intensity level. *Cycle & Core class has a 15min core strengthening component off the bike.

Registered Programs:

Drop-in available if space permits (unless specified)

BARRE Workout – Drop-in \$15/class

This class mixes Barre, Pilates and yoga for a whole body low impact workout to improve muscle tone and endurance as well as increase flexibility, balance and core conditioning.

Chair Strength– Drop-in \$9/class

This class offers predominantly seated exercises with a variety of equipment to build and maintain strength and balance. Modifications are available, no experience necessary. Ideal for those with chronic conditions or needing additional mobility support.

Chair Yoga – Drop-in \$12/class

This class is great for anyone with movement disorders, seniors, or those recovering from injury. Chair yoga deepens your flexibility and strengthens your body awareness, improves strength, reduces risks of falls and helps to better continue independent activities. Come for a gentle but challenging practice so you can leave feeling supported and more relaxed.

Gentle BARRE – Drop-in \$15/class

This functional movement class will use the Ballet Barre for standing strength and balance exercises suited for the older adult. Gentle Pilates and Yoga moves will be incorporated to build on flexibility while low impact moves will help increase your bone density.

Gentle Yoga – Drop-in \$15/class

Gently build strong bones and muscles, enhance your balance and stability and stay mobile and agile. Relaxation, breath awareness and mindfulness make this practice a complete yogic experience

Flow Yoga– Drop-in \$15/class

This class will get you moving and sweating. Find your flow during this class as we move through an invigorating series of poses to build heat within your body, as we connect breath with movement.

Move & Restore/Dynamic & Still Yoga – Drop-in \$15/class

This class begins with gentle movement of the body and ends with long restorative poses. Open to all levels, this class is great for people who are new to yoga, as well as athletes looking for something to complement their training. It is a very accessible practice that helps to promote facial opening, circulation, relaxation, and healing. Passive yoga promotes healthy connective tissue and calms the mind by slowing down, supporting the body, and holding the poses longer.

Parent & Baby Yoga / Parent & Tot Yoga – Drop-in \$15/class

This class is for parents looking to start or continue to grow your yoga practice while sharing it with your little loved one(s). Our practice will be for all levels, leaving your body and mind feeling relaxed and nourished. Parents must be minimum six-week post partum and cleared by your medical professional. This will be an inclusive environment for pre-mobile children (baby class) or mobile children (tot class).

Parent & Baby Pilates – Drop-in \$15/class

Experience the transformative power of Pilates, a body strengthening exercise method that focuses on enhancing core strength. Join our community of moms where you can feel confident, comfortable, and enjoy movement while bonding with your little one. All levels welcome.

Pilates – Drop-in \$15/class

Strengthen your core, improve flexibility and challenge the mind/body connection. You will work with the foundations of the STOTT® Pilates Method to improve your posture and prevent back injuries, while staying motivated in this multi-level class. Beginners are welcome. Level 2 will progress from Beginner-Level 1.

Pre-Natal Pilates – Drop-in \$15/class

Designed to support expecting parents, or those carrying a child, on their journey to delivery. Enjoy a safe but challenging class that offers stabilizing core work, developing upper body strength, spinal mobility, breathing for labour and delivery, and stretches to help alleviate aches and pains that come along with pregnancy.

Pre-Natal Yoga – Drop-in \$15/class

Stay healthy throughout your pregnancy, build a deeper connection with your baby, and remain flexible and strong to help prepare for labour, birth and beyond. Each class includes safe poses for each trimester, deep breathing, relaxation, and meditation.

Strength & Mobility – Drop-in \$9/class

Improve your strength and overall movement. This older adult friendly class includes a variety of cardio and strength building exercises using little to no equipment and some stretching at the end. All fitness levels welcome, no experience necessary. Chair option available when needed.

Therapeutic Yoga – Drop in \$15/class

Enjoy nourishing movements to build strength while improving your flexibility from the ground up. Modifications are offered and yoga props are available. Breathing practices and yoga tools to help with self-care will be explored. Everyone is welcome. Level 1 is designed for those with mobility issues and level 2 is designed for the general population.

Yoga Strength– Drop-in \$15/class

Enjoy an empowering practice that will make you sweat. This class combines functional fitness, yoga postures and movements with holds to increase mobility and build strength. Each class will end with a relaxing Savasana.

Zumba® in the Circuit – Drop-in \$9/class

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Chair options available. Wheelchair accessible.

Zumba® Strong – Drop-in \$9/class

This High Intensity Interval Training registered program helps clients become stronger in only 45 minutes by using body weight, cardio, martial arts and plyometric movements.