

FALL GROUP FITNESS SCHEDULE



September 5 – December 31, 2023 • Advanced reservation available for drop-in classes
 Schedule subject to change • For the most up to date schedule please visit our website
 No classes on Statutory Holidays: Sept 30, Oct 9, Nov 11, Dec 26, Dec 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:00 - 6:45am Jacklyn E			Cycle 6:00 - 6:45am Kyle K			
		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 L	
Therapeutic Yoga: Level 2 Tom K 10:30 - 11:30am	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 NEW! 10:15 - 11:15am Tina L	
	Therapeutic Yoga: Level 1 11:30 - 12:30pm Tom K	Gentle Yoga 11:45 - 12:45pm Tara N	Parent & Baby Yoga 11:30 - 12:30pm Jenn S	Move & Restore Yoga 11:45 - 12:45pm Karla S		
	Chair Strength NEW! Dave R 12:45 - 1:45pm					
Kids Yoga NEW! Ages 5-8 3:45 - 4:30pm Jenn S		Dance Fit NEW! Ages 7-15 3:45 - 4:30pm Cheryl G <i>*starts Sep 27</i>	Youth Fit Ages 7-11 3:45 - 4:30pm Jacklyn E			
	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 Memberships		
Step & Sculpt 6:15 - 7:15pm Tina L	Yoga Pilates Fusion 6:15 - 7:15pm Donna T	Step & Sculpt 6:15 - 7:15pm Tina L	Yoga Pilates Fusion 6:15 - 7:15pm Donna T			
	Bellyfit 7:30 - 8:30pm Colleen D	Prenatal Yoga 7:30 - 8:30pm Jenn S	Zumba® 7:30 - 8:30pm Colleen D Multipurpose Room	Premium Drop-in Class, \$10.50/class Registered Program drop-in available if space permits		

WEIGHT ROOM HOURS	MONDAY to FRIDAY	SATURDAY & SUNDAY
Patrons 16 years and older welcome during hours of operation. <i>*Ages 13-15 can attend with a completed Youth Weight Room Orientation</i>	6:00 AM – 9:00 PM	7:00 AM – 9:00 PM

Facility Closed on Sept 4, Dec 25 & 26. Modified schedule from 9am-5pm Sept 30, Oct 9, Nov 11, Dec 24 (7-2:30pm) and Dec 31 (7-5:30pm)
 Last Updated: September 6, 2023

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 – \$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.

Registered Programs: *Drop-in available if space permits*

Chair Strength – Drop-in \$15/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 who are ready to graduate from the Strength & Mobility class.

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.

Move & Restore 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.

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).

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.

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.

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.

School Age Registered Programs

Kids Yoga – Drop-in \$9/class
Dance Fit – Drop-in \$11.50/class
Youth Fit – Drop-in \$9/class