

# FALL #1 FITNESS SCHEDULE

FALL #1: SEPTEMBER 9TH — OCTOBER 27TH 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LEGEND
6:00AM						<b>FIT SWIM</b> (COMPETITION POOL)		<a href="#">AQUATICS</a>
6:30AM	<b>METABOLIC MELT</b> (STUDIO A)							<a href="#">CARDIO &amp; TONING</a> STUDIO A
6:45AM				<b>SUNRISE YOGA</b> (STUDIO B)				<a href="#">CARDIO &amp; TONING</a> STUDIO B
9:00AM		<b>DEEP H2O</b> (DEEPEND COMPETION)		<b>DEEP H2O</b> (DEEPEND COMP)		<b>SUPERSWEAT</b> (STUDIO B)	<b>RIP</b> (STUDIO B)	<a href="#">SPECIALTY (\$)</a>
9:30AM	<b>MORNING MIX</b> (STUDIO B)		<b>MORNING MIX</b> (STUDIO B)		<b>MORNING MIX</b> (STUDIO B)			<a href="#">YOGA</a> STUDIO B
10:15AM		<b>YANG YIN YOGA</b> (STUDIO B)					<b>BEGINNER YOGA</b> (STUDIO B)	<a href="#">SPIN ZONE</a>
11:15AM	<b>*ARTHRITICS (\$)</b> (LEISURE POOL)	<b>* STRONG MOMS SWIM &amp; SWEAT(\$)</b> (LEISURE POOL)	<b>*ARTHRITICS (\$)</b> (LEISURE POOL)	<b>STRONG MOMS SWIM &amp; SWEAT(\$)</b> (LEISURE POOL)	<b>ARTHRITICS (\$)</b> (LEISURE POOL)	<b>FALL POOL HOURS (BEGINNING SEPT 3RD)</b>		
12:10PM	<b>ATHLETIC-U</b> (STUDIO B)	<b>TOTAL BODY TONING</b> (STUDIO B)	<b>CARDIO CORE</b> (STUDIO B)	<b>SHRED</b> (STUDIO B)	<b>FUN &amp; FIT FRIDAY</b> (STUDIO B)	MONDAY - FRIDAY	6:00am-2:00pm, 4:00pm-8:00pm	
	<b>AQUACISE</b> (LOWER LEISURE)	<b>SPIN</b> (SPIN ZONE)	<b>AQUACISE</b> (LOWER LEISURE)	<b>SPIN</b> (SPIN ZONE)		SATURDAY	6:00am-8:00am, 12:00pm-4:00pm	
	<b>FIT-SWIM</b> (COMPETITION POOL)	<b>DEEP H2O</b> (DEEP COMPETITION POOL)	<b>FIT-SWIM</b> (COMPETITION POOL)			SUNDAY	8:00am-10:30am, 2:00pm-4:00pm	
12:30PM	<b>HIIT</b> (STUDIO A)	<b>METABOLIC MELT</b> (STUDIO A)	<b>TRX-CIRCUIT</b> (STUDIO A)	<b>DUMBBELL COMPLEX</b> (STUDIO A)	<b>CIRCUIT WORK-IT</b> (STUDIO A)	<b>FALL FITNESS HOURS (BEGINNING SEPT 3RD)</b>		
4:30PM		<b>PRIVATE TRAINING</b> (STUDIO A)		<b>PRIVATE TRAINING</b> (STUDIO A)		MONDAY - FRIDAY	6:00am-9:00pm	
5:30PM	<b>CIRCUIT WORK-IT</b> (STUDIO A)	<b>CARDIO-KICK</b> (STUDIO A)	<b>*BELLY FIT</b> (STUDIO B)	<b>VINYASA YOGA</b> (STUDIO B)	<b>SPIN</b> (SPIN ZONE)	SATURDAY	6:00am-4:00pm	
6:00PM				<b>FIT SWIM</b> (COMPETITION POOL)		SUNDAY	8:00am-4:00pm	
6:30PM	<b>TRANSFORM</b> (STUDIO B)	<b>VINYASA YOGA</b> (STUDIO B)	<b>YIN YOGA</b> (STUDIO B)	<b>SPIN &amp; SCULPT</b> (STUDIO A)				
7:30PM	<b>DRUMS ALIVE</b> (STUDIO B)	<b>AQUA-TABATA</b> (LOWER LEISURE)	<b>AQUACISE</b> (LOWER LEISURE)	<b>AQUACISE</b> (LOWER LEISURE)				

\*FIT SWIMS: Saturday classes begin October 19th, 6:00am—7:10am & 7:10am-8:20am

FIT SWIMS: Thursday classes begin October 17th



Canada Games  
Aquatic Centre  
Centre Aquatique  
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STRENGTH / RESISTANCE TRAINING / CARDIO			
<b>ATHLETIC-U (40M)</b>	Take your workout to the next level with this all-encompassing bodyweight only program designed to build muscle and burn fat. No equipment needed: you are the machine now let's train like one.	<b>SPIN &amp; SCULT (1HR)</b>	A combination of traditional spin for 30 minutes followed by 30 minutes of muscular toning and core exercises off the bike, complimented with a cool-down and stretch to help facilitate recovery and limit muscular fatigue and soreness.
<b>**BELLY-FIT (45M)</b>	Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get a quick 60 minutes of booty shakin' goodness ~ 40 min of stress-reducing cardio dance, 10 min of full-body toning, and 10 min of Yoga inspired stretching & meditation. Max 15 participants <b>**This is a women's only class**</b>	<b>SHRED (40M)</b>	Shred is a high intensity and endurance based workout utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
<b>CIRCUIT-WORK-IT (30M)</b>	Endurance and resistance training using high-intensity aerobics. It targets strength building and muscular endurance. The time between exercises will be short often with rapid movement to the next exercise.	<b>TOTAL BODY TONING (40M)</b>	A class for all fitness levels! Designed to sculpt and build lean muscle, This class will offer a full body weight-bearing workout using dumbbells bars and bands.
<b>CARDIO CORE (40M)</b>	A combination of cardio-intensive drills and core-specific movements focused on core strength and stabilization.	<b>TRANSFORM (40M)</b>	Get ready to sculpt your core, legs, glutes, and upper body through the use of a step! Transform LIVE offers progressions and regressions that make the class accessible and effective for everyone.
<b>CARDIO KICK (40M)</b>	Combines martial arts techniques with fast-paced <b>cardio</b> . This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories.	<b>TRX-CIRCUIT (30M)</b>	Utilizing the TRX suspension trainer and various other equipment you will be put through your paces of 3 TRX exercises ,3 core and 3 Cardio for 4 rounds to target your total body.
<b>DRUMS ALIVE (40M)</b>	This unique class captures the essence of movement and rhythm utilizing drum sticks and stability balls. The choreography is designed to burn fat, improve physique and mental fitness and be fun!	<b>AQUATICS</b>	
<b>DUMBBELL COMPLEX (30M)</b>	A strength circuit class where you complete 2 or more exercises with a dumbbell, back to back with no rest, without the dumbbell touching the ground.	<b>ARTHRITICS (45M)</b>	Designed to help those with arthritis and other mobility conditions maintain a good posture, a range of motion, general strength and cardiovascular stamina. All the while in the warm pool which helps soothe sore joints and
<b>FUN &amp; FIT FRIDAY (40M)</b>	This class will be the instructor's choice with the format changing form week to week using games and various other fitness tools to keep participants guessing while providing a Fun filled Friday workout for everyone.	<b>AQUACISE (40M)</b>	Don't be afraid to get your feet wet! Just the same as aerobics but in waist-high water. Swimming experience not required.
<b>H.I.I.T (30/40M)</b>	High-Intensity Interval Training one of the most popular fitness styles today combines longer duration high-intensity exercise with shorter duration periods of rest.	<b>AQUA-TABATA (40M)</b>	Just like the land version this high-intensity class will combine toning with cardio intervals and core exercises.
<b>METABOLIC MELT (30/40M)</b>	This sweat-inducing boot-camp style class will utilize high-intensity cardio intervals combined with weights and body weighted exercise for maximal muscular strength and conditioning.	<b>DEEP H2O (40M)</b>	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact!
<b>MORNING MIX (1HR)</b>	A great combo class with a variety of cardio weights and stretching to help wrap up the week.	<b>FIT SWIM (40M/2.5HRS)</b>	Four coached workouts a week designed to improve speed and swimming skills.
<b>RIP (40M)</b>	Work head-to-toe using simple equipment — a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.	<b>YOGA</b>	
<b>SUPER SWEAT (1HR)</b>	This group fitness class will have you sweating to the beat. A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.	<b>SUNRISE YOGA (45M)</b>	The experience in this class is one of fluidity and motion. Poses are held for short periods and emphasis on the rhythm of the breath is encouraged with the purpose of aligning and focusing the mind .
<b>SPIN (40M)</b>	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience. This is a safe and effective workout for ALL fitness levels.	<b>VINYASA YOGA (45M)</b>	Vinyasa Flow class synchronizes breath with movement in a progression from pose to pose. You can expect a cardiovascular and strength-building workout that calms your mind and increases flexibility.
		<b>YIN YOGA (45M)</b>	is a slow-paced style of modern yoga with postures that are held for longer periods of time. Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility. It also helps us to regulate the body's flow of energy.
		<b>BEGINNER YOGA (45M)</b>	Starting with the building blocks of yoga: alignment, breath work and movement. Students will learn the basic yoga postures through step-by-step verbal descriptions and demonstrations with an emphasis on student safety.
		<b>YANG YIN YOGA (45M)</b>	This class is a 50/50 split starting with faster-paced vinyasa postures and ending with deep, relaxing yin poses. Vinyasa means to connect movement with breath and in the first half of this class you will learn to guide your movements with a deep yogic breath to create stability, strength, and a clear mind