

Winter 2025 FITNESS CLASSES

Jan 6th – Mar 2nd, 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM						Fit-Swim 7-8am & 8-9am	
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	*Strong Moms (10am)	Morning Mix		Morning Mix		
10:30AM		Hatha Yoga		Kripalu Yoga		Spin	
11:15AM	Arthritics	*Strong Moms Steph	Arthritics		Arthritics		
12:10PM	RIPPED Fit-Swim	KB Circuit	Butts & Guts Aqua-Tabata Fit-Swim	SHRED	Pylata		
5:30PM	Escape Circuit	Zumba	Spin & Tone	Hathastorative Yoga			
6:30PM	Insanity Live	Yin Yoga		Fit-Swim (6pm)	FITNESS HOURS		
7:00PM			Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

LEGEND

*Aqua Classes: Competition & Leisure areas

*MPR Classes: MPR aerobic Studio.

*MPR Classes: MPR Functional Studio

*Fit-Swim: Competition pool.

*Speciality Classes (Require Registration)



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STRENGTH / RESISTANCE TRAINING / CARDIO		AQUATIC FITNESS	
Butts & Guts (40M)	Targeting the core and muscles of the lower body this class will be a combo of high intensity cardio and steady state strength focusing on glutes, quads and hamstrings.	Arthritics (45M)	Designed to help those with joint pain and mobility conditions maintain good posture, ROM, general strength and cardiovascular stamina. Performed in our warm leisure pool which helps soothe sore joints and bones.
Escape Circuit (45M)	A circuit style class focusing on sports based movements to challenge your cardio and endurance. This class has something for all levels and can be scaled up or down depending on your level of fitness.	Aquacise (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.
Insanity Live (45M)	Total-body conditioning complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength.	Deep H2O (40M)	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
KB Circuit (40M)	A circuit style class utilizing Kettlebells and Body weighted exercises combined to challenge the core and promote total body strength and endurance.	Fit-Swim (40/60M)	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class.
Morning Mix (60M)	1 full hour of toning cardio, core strengthening, balance and stretching. Something for every level and a great way to meet new friends and challenge your limits	<u>MIND & BODY CLASSES</u>	
Pylata (40 M)	A combination of Yoga and Pilates exercises combined with strength training and core stability.	Hatha Yoga (45/60M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
RIPPED (40M/60M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms	Hathastorative Yoga	In this class we will practice a combination of a nice gentle flow of Hatha postures. for the first part of class leading us into a beautiful and relaxing restorative posture to finish our practise. Restorative posture held for 7-15 minutes with supports of props.
SHRED (40M)	Shred is a high intensity endurance based workout. utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.	Yin Yoga (45M)	Yin Yoga is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds.
Spin & Tone (60M)	A combination of traditional spin for 30 mins followed by muscular toning and core exercises off the bike, 30 min complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.	Kripalu Yoga (60M)	Class begins with warm-up movements and breath awareness to prepare you for a sequence of yoga postures. The postures will stretch, strengthen, and balance your body. Each class ends with a restful relaxation or meditation.
Supersweat (60M)	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.		
ZUMBA (45M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.		



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