Winter 2026
FITNESS CLASSES
Jan 5th – Mar 1st, 2026

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM							
9AM		Deep H20		Deep H20		Supersweat	RIPPED
9:30AM	·Morning Mix	*Strong Moms (10am)*	Morning Mix		Morning Mix		
10:30AM		Hatha Yoga		Vinyasa Flow		Spin	
11:15AM	Arthritics	*Strong Moms*	Arthritics		Arthritics		
12:10PM	Strength & Sculpt Fit-Swim	Short Circuit	DB Blast Fit-Swim	SHRED	Pylata		
5:30PM	Escape Circuit	Zumba	Spin & Tone	RIPPED			
6:30PM		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)**

Canada Games Aquatic Centre
Centre Aquatique Jeux du Canada

STRENGTH / RESISTANCE TRAINING / CARDIO

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.
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.
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
Pylata (40 M)	A combination of Yoga and Pilates exercises combined with strength training and core stability.
RIPPED (40M/60M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms
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.
Short Circuit (40M)	Focusing on a series of strength and conditioning exercises, often using bodyweight, dumbbells, or bands with short rest periods to get the blood pumping, boosting both muscle conditioning and cardiovascular health
Spin (40M)	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience.
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.
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.
Tabata (40M)	Tabata protocol is a high intensity training that produces remarkable results. 4 minutes of ultra-high intensity training, short periods of recovery tax your aerobic and anaerobic energy systems
Walk-it-Out (40 M)	A fun, flowing class where we alternate between high intensity intervals and low intensity walking for a non-stop full body workout.
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.

AQUATIC FITNESS

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.
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.
Deep H20 (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
Fit-Swim (40/60M)	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class.

MIND & BODY CLASSES

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.
Vinyasa Flow (60M)	A dynamic style of yoga that links breath with fluid, sequential movements, creating a continu-
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

Canada Games Aquatic Centre

Centre Aquatique Jeux du Canada