



Canada Games  
Aquatic Centre  
Centre Aquatique  
Jeux du Canada

# SPRING FITNESS SCHEDULE

SPRING # 2: MONDAY MAY 6TH — SUNDAY JUNE 23RD 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM						<b>FIT-SWIM</b> (6AM-8:20AM) (COMPETITION POOL)
6:45AM		<b>SUNRISE YOGA</b> (STUDIO B)		<b>SUNRISE YOGA</b> (STUDIO B)		
8:45AM						
9:00AM		<b>DEEP H2O</b> (DEEPEND COMPETION)		<b>DEEP H2O</b> (DEEPEND COMP)		<b>SUPERSWEAT</b> (STUDIO B)
9:30AM	<b>MORNING MIX</b> (STUDIO B)		<b>3B</b> (STUDIO B)		<b>MORNING MIX</b> (STUDIO B)	
10:15AM		<b>YOGA</b> (STUDIO B)				
11:15AM	<b>ARTHRITICS (\$)</b> (LEISURE POOL)	<b>MOVING MOMMIES AQUA (\$)</b> (LEISURE POOL)	<b>ARTHRITICS (\$)</b> (LEISURE POOL)	<b>MOVING MOMMIES BOOTCAMP (\$)</b> (STUDIO A)	<b>ARTHRITICS (\$)</b> (LEISURE POOL)	<b>SUNDAY</b>
12:10PM	<b>DONE</b> (STUDIO B)	<b>BOOT-CAMP</b> (STUDIO A)	<b>BUNS &amp; GUNS</b> (STUDIO B)	<b>CARDIO KICK</b> (STUDIO B)	<b>WEEKEND RECOVER</b> (STUDIO B)	<b>RIPPED</b> (STUDIO B) (9:00AM)
	<b>AQUA-FLOW</b> (LOWER LEISURE)	<b>SPIN</b> (SPIN ZONE)	<b>AQUA-TABATA</b> (LOWER LEISURE)	<b>SPIN</b> (SPIN ZONE)	<b>AQUA-BOOTCAMP</b> (SHALLOW COMPETION)	<b>BEGINNER YOGA</b> (STUDIO B) (10:15AM)
	<b>FIT-SWIM</b> (COMPETITION POOL)	<b>DEEP H2O</b> (DEEPEND COMPETION)	<b>FIT-SWIM</b> (COMPETITION POOL)	<b>SUP FIT</b> (DEEPEND COMPETION)		<b>LEGEND</b>
12:30PM	<b>DUMBBELL COMPLEX</b> (STUDIO A)		<b>ESCAPE CIRCUIT</b> (STUDIO A)		<b>HIIT</b> (STUDIO A)	<b>AQUATICS</b>
4:30PM		<b>PRIVATE TRAINING</b> (STUDIO A)		<b>PRIVATE TRAINING</b> (STUDIO A)		<b>CARDIO &amp; TONING</b> FUNCTIONAL STUDIO A
5:30PM	<b>ESCAPE CIRCUIT</b> (STUDIO A)	<b>SPIN &amp; SCULPT</b> (STUDIO A)	<b>BELLY FIT</b> (STUDIO B)	<b>VINYASA YOGA</b> (STUDIO B)		<b>CARDIO &amp; TONING</b> STUDIO B
6:00PM				<b>FIT-SWIM</b> (COMPETITION POOL)		<b>SPECIALTY (\$)</b>
6:30PM	<b>CORE DE FORCE</b> (STUDIO B)	<b>CARDIO CORE TABATA</b> (STUDIO B)	<b>TABATA</b> (STUDIO B)	<b>SPIN &amp; SCULPT</b> (STUDIO A)		<b>YOGA</b> STUDIO B
7:30PM	<b>AQUA TABATA</b> (LOWER LEISURE)	<b>AQUACISE</b> (LOWER LEISURE)	<b>BALANCED BODY</b> (STUDIO B)	<b>AQUA BOOT-CAMP</b> (SHALLOW COMPETION)		<b>SPIN ZONE</b>

STRENGTH / RESISTANCE TRAINING / CARDIO		AQUATICS & YOGA	
<b>3B (40M)</b>	<b>Balls, Bands and Balance</b> . This hour long class will focus on developing muscular conditioning, cardiovascular endurance and helping to enhance balance by using resistance bands, stability balls and bosu balls.	<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 bones.
<b>**BELLY-FIT (45M)</b>	Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get a beautifully compact 60 minutes of bootie 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>AQUACISE (40M)</b>
<b>BALANCED BODY (40M)</b>	Take a balanced approach to your fitness. Cardio, toning, and stretching combined with the benefits of	<b>AQUA-FLOW (40M)</b>	A dynamic and challenging sequence of poses and exercises designed to improve strength balance and flexibility. This gentle yoga style class would be appropriate for all levels and no previous experience is required.
<b>BUNS &amp; GUNS (40M)</b>	A combo class targeting the glutes and arms, this class will toast the buns but not burn them! And leave the arms pumped for those summer tanks and T-'s.		<b>AQUA-TABATA (40M)</b>
<b>BOOT-CAMP (40M)</b>	Mixes traditional calisthenics and body weight exercises with interval training and strength training.	<b>AQUA BOOT CAMP (40M)</b>	Swim, run, kick, jump, push and pull all the work of a traditional boot camp set in our chest deep competition pool.
<b>CARDIO CORE (40M)</b>	A combination of cardio intensive drills and core specific movements focused on core strength and stabilization.		<b>DEEP H2O (40M)</b>
<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>FIT SWIM (40M/2.5HRS)</b>	Four coached workouts a week designed to improve speed and swimming skills.
<b>CORE DE FORCE (40M)</b>	This MMA inspired total body workout uses core conditioning combos, bodyweight moves and cardio spikes to harness the power of your core.		<b>SUP-FIT (40M)</b>
<b>DONE (40M)</b>	Start your week off right with the high-intensity interval style class that incorporates some of today's hottest interval styles into one class. Bring a towel and water and work until your DONE!	<b>YOGA (45M)</b>	Yoga is a series of carefully designed postures with a strong emphasis on breathing, concentration, and flexibility. Strengthen the body while calming the mind. For beginners to advanced users.
<b>DUMBBELL COMPLEX (30M)</b>	This is a strength circuit where you complete 2, or more exercises with a dumbbell back to back with no rest without the dumbbell touching the ground.		<b>SUNRISE YOGA (45M)</b>
<b>ESCAPE CIRCUIT (30/40M)</b>	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.	<b>VINYASA YOGA (45M)</b>	Students will focus on linking conscious breath with a dynamic and mindful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind.
<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>BEGINNER YOGA</b>
<b>INSANITY LIVE (40M)</b>	Insanity is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. .This group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience	<b>WEEKEND RECOVER (40M)</b>	This class will focus on balance ROM and flexibility in an attempt to provide a balanced approach to total fitness while focusing on the small details that often get overlooked in traditional classes.
<b>MORNING MIX (1HR)</b>	A great combo class with a variety of cardio weights and stretching to help wrap up the week.		
<b>RIPPED (40M)</b>	Work head-to-toe using simple equipment — a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.		
<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>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>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 cooldown and stretch to help facilitate recovery and limit muscular fatigue and soreness.		
<b>TABATA (30/45M)</b>	Tabata protocol is a high-intensity training that produces remarkable results. Work all of the major muscle groups and get a high-intensity cardio and muscular endurance workout.		