

STRENGTH / RESISTANCE TRAINING / CARDIO		AQUATIC FITNESS	
Bosu-Fit (40M)	This is a fun class using the bosu stability ball. You will work your whole body, with an emphasis on balance and core strength.	ARTHRITICS (45M)	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 a warm pool which helps soothe sore joints and bones.
Cardio-Flow (40M)	Cardio Blast is a whole-body workout that burns calories while toning and shaping. Get quicker in everything you do. This class is for all fitness levels – modify the workout to your current level with low impact options.	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.
CORE & MORE (40M)	Just like it sounds, this class will have a core focus; however, each week the instructor will add a secondary body part to provide variety and keep the body guessing each class.	AQUAFLOW (40M)	Aqua Flow is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment.
HIIT (40M)	This class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.	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
INSANITY LIVE (40M)	Insanity offers 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.	FIT SWIM (40M)	coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class
Kettlebell Blast (40M)	Kettlebells will help kick all your fitness goals into high gear! Compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure	Mind & Body Classes	
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	BEGINNER YOGA (40M)	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.
RIP (40M/60M)	Work head-to-toe using simple equipment — a weighted bar, dumb-bells, and a step, tackling various speeds, positions, and rhythms	HATHA YOGA (40M)	In this class, postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals.
SUPER SWEAT (1HR)	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.	Speciality	
SPIN (40M)	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.	Strong Mom Swim & Sweat (40M)	This program is designed to bring fitness and balance to new mothers as they bond with their babies. This program enables new moms to have an opportunity to build an emotional connection with their baby and meet other new moms. This class is for moms and babies, age 3 months and up
Transform (40M)	This group fitness workout is an intermediate-level, music-driven, 40-minute class that uses a step to ramp up the calorie burn while targeting your core, legs, glutes, and upper body — no weights required!	SUP-FIT (40M)	This challenging core specific class will take place on top of our NEW SUP Boards (stand up paddle-board) in the competition pool. Focusing on core strength and balance this class will combine upper body, lower body, and even a bit of cardio into one intense class for any level. Only available here at the Canada Games Aquatic Centre!
ZUMBA (40M)	is a <b>fitness</b> program that combines Latin and international music with dance moves. <b>Zumba</b> routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular <b>fitness</b> .		