

# FALL 2020 Fitness Classes

Session 1 - Sep 14 to Nov 1

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7am						·Fit-Swim* 7:00-7:50am 8:00-8:50am	
9:00am		·Deep H2O		·Deep H2O		·Supersweat	·RIP
9:30am	·Morning Mix		·Morning Mix		·Morning Mix		
10:30am		·Hatha Yoga		·Vinyasa Yoga			·Beginner Yoga
11:15am	·Arthritics	·Strong Mom Swim & Sweat	·Arthritics				
12:10pm	·Accumulator ·Aquacise ·Fit-Swim*	·Metabolic Melt ·Deep H2O	·Buns & Guns ·Aquacise ·Fit-Swim*	·Cardio-Kick ·SUP-Fit	·Spin		
5:15pm	·Transform	·Zumba	·Mindful Movement	·Exploring Yoga	·Zumba		
6:15pm	·Core de force		·Core & More	·Fit-Swim* 6:00pm	<b>FALL FITNESS HOURS</b>  Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-2:00pm		
				·Spin & Sculpt 6:30pm			
7:15pm	·Aquacise		·Aquacise	·Aquacise			

## LEGEND

Deep Water Aqua: Deep End Competition Pool

Leisure Pool Aqua: Lower Leisure Pool

Evening Aquacise: Shallow End Competition Pool

Spin: MPR Aerobic Studio

MPR Classes: MPR Aerobics Studio

**Specialty:** Limited space available, must pre-register. (Fees may apply)

Fit-Swim: Classes held in Competition Pool, Shallow Mon & Thurs Deep Wed & Sat.

\*(Start dates for Fit-Swim Oct 14th, 15th, 17th & 19th).



Canada Games  
Aquatic Centre

Centre Aquatique  
Jeux du Canada

## STRENGTH / RESISTANCE TRAINING / CARDIO

<b>ACCUMULATOR (40M)</b>	This class will really ADD to your training. By increasing the number of reps, sets, and exercises after every exercise you really focus on building muscular endurance as well as strength. Count it up as each set becomes more and more challenging, until you have conquered the accumulator.
<b>BUTTS &amp; GUTS (40M)</b>	Train and tighten all regions of the lower body and core with this toning class. The workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance.
<b>CARDIO KICK (40M)</b>	Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina; improve coordination and flexibility; and burn calories.
<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>CORE &amp; MORE (40M)</b>	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.
<b>METABOLIC MELT (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>MINDFUL MOVEMENT (40M)</b>	This class will work the whole body inside and out. Starting with a little meditation and grounding to forget about the day, flowing into some cardio to get the blood pumping and ending with a great core section. This class is a little bit of everything
<b>MORNING MIX (1HR)</b>	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.
<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>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; SCULPT (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>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>ZUMBA (40M)</b>	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

## AQUATICS

<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 a warm pool which helps soothe sore joints and bones.
<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>AQUA-TABATA (40M)</b>	Just like the land version, this high-intensity class will combine toning with cardio intervals and core exercises.
<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>FIT SWIM (40/60M)</b>	Four coached workouts a week designed to improve speed and swimming skills. Saturdays class will have 2 groups 7-7:50 and 8-8:50am.

## YOGA

<b>BEGINNER YOGA</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>EXPLORING YOGA (40M)</b>	Exploring Yoga is a combination of active movement and static postures to promote muscle and joint flexibility. Open to all levels, participants will choose when to modify and when to challenge.
<b>HATHA YOGA (40M)</b>	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.
<b>VINYASA YOGA (40M)</b>	A style of yoga where poses are strung together to form one fluid sequence of movement. The classes are often fast-paced and aerobic; focusing on endurance and strength.

## SPECIALTY

<b>Strong Mom Swim &amp; Sweat (40M)</b>	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.
<b>SUP-FIT (40M)</b>	This challenging core specific class will take place on top of our NEW SUP Boards (stand up paddleboard) 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!