

Summer Fitness Class Schedule

June 24th – Aug 25th, 2024.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H2O		Deep H2O			
9:30AM	Morning Mix		Morning Mix		Morning Mix		
10:30AM		Hatha - Vinyasa		Kripalu Yoga			
11:15AM	Arthritics		Arthritics				
12:10PM	RIPPED	DB Blast	Cardio Core Aquacise	Interval Ripple	Hatha Yoga		
5:30PM	Escape Circuit	Zumba	Spin & Tone	Hatha Yoga			
7:00pm			Aquacise			FITNESS HOURS Mon-Fri: 6:00am-8:00pm Sat- 7:00am-11:00am Sun: 11:00am-3:00pm	

LEGEND

* Aqua Classes: Competition Pool & Leisure Pool.

*Arthritics: Lower Leisure Pool.

*MPR Classes: MPR Aerobic Studio.



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada

STRENGTH / RESISTANCE TRAINING / CARDIO

Cardio Core (40M)	A core focused fitness class designed to target the entire CORE, utilizing cardio specific movements as well as mat work and toning designed to hit the problem areas.
Dumbbell Blast	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.
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.
Interval Ripple (40M)	Each class will have a focus on different body parts and alternate various different interval formats. Designed to provide intensity and variety to your weekly routine.
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.
RIPPE D (40M/60M)	Work head-to-toe using simple equipment: a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.
Spin & Tone (60M)	A combination of traditional spin for 30 minutes followed by muscular toning and core exercises off the bike, 30 minutes complemented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.
ZUMBA (60M)	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 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.

MIND & BODY CLASSES

Hatha Yoga (40/60M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
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.