

Spring #2

FITNESS CLASSES

May 6th- June 23rd, 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM						Fit-Swim 7-8am & 8-9am	
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	<i>*Strong Moms (10am)</i>	Morning Mix		Morning Mix		
10:30AM		Hatha - Vinyasa		Kripalu Yoga			
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics		Arthritics		
12:10PM	RIPPED Aquacise Fit-Swim	Have a Ball	Cardio Core Deep H2O Fit-Swim	HIIT	Spin		
5:30PM	Escape Circuit	Zumba	Spin & Tone	Hatha Yoga			
				Fit-Swim (6pm)	FITNESS HOURS		
7PM			Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

LEGEND

*Aqua Classes: Competition & Leisure Pools

*MPR Classes: MPR Aerobic Studio.

*Fit-Swim: Competition Pool.

*Speciality Classes (Require Registration)



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.
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.
HIIT (40M)	This class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.
Have a Ball (40M)	A circuit style workout utilizing the Bosu ball, bender balls, stability balls and others. This high intensity class will be a blast and sure to have you bouncing for more.
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 (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 minutes 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.
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 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.
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.
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 through extended holds.
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.