

# FALL 2024 FITNESS CLASSES

Session # 2. Oct 28<sup>th</sup>- Dec 22<sup>nd</sup>, 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7 AM						<i>Fit-Swim</i> 7-8 & 8-9	
9 AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30 AM	Morning Mix	<i>*Strong Moms</i> (10 am)	Morning Mix		Morning Mix		
10:30 AM		Hatha Yoga		Kripalu Yoga		Spin	
11:15 AM	Arthritis	<i>*Strong Moms</i>	Arthritis		Arthritis		
12:10 PM	Tabata <i>Fit-Swim</i>	Walk it Out	Core & More Aquacise <i>Fit-Swim</i>	Short-Circuit	Spin		
5:30 PM	Escape Circuit	Zumba	Spin & Tone	Hatha Yoga			
6:30 PM	Core de Force	Yin Yoga		<i>Fit-Swim</i> (6 pm)	FITNESS HOURS		
7:00 PM			Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

## LEGEND

**\*Aqua Classes: Competition & Leisure areas**

**\*MPR Classes: MPR aerobic studio.**

**\*Fit-Swim: Competition pool.**

**\*Speciality Classes (Require Registration)**



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## STRENGTH / RESISTANCE TRAINING / CARDIO

<b>CORE N' MORE (40M)</b>	Strengthen your abs, back, glutes and more in a challenging 40 minute workout focusing on the core muscles.
<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>Escape Circuit (45M)</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>Morning Mix (60M)</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>RIPPE D (40M/60M)</b>	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.
<b>Short Circuit (40M)</b>	Circuit training is a workout that involves rotating through various exercises targeting different parts of the body with each station. Focusing on different muscle groups in a short amount of time.
<b>Spin (40M)</b>	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience.
<b>Spin &amp; Tone (60M)</b>	A combination of traditional spin for 30 mins 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.
<b>Supersweat (60M)</b>	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>Tabata (40M)</b>	Tabata protocol is a high intensity training that produces remarkable results. 4 minutes of ultra-high intensity training, short periods of recovery tax your aerobic and anaerobic energy systems.
<b>Walk-it-Out (40 M)</b>	A fun, flowing class where we alternate between high intensity intervals and low intensity walking for a non-stop full body workout.
<b>ZUMBA (45M)</b>	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

<b>Arthritis (45M)</b>	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.
<b>Aquacise (40M)</b>	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.
<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>	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class.

## MIND & BODY CLASSES

<b>Hatha Yoga (45/60M)</b>	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
<b>Yin Yoga (45M)</b>	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.
<b>Kripalu Yoga (60M)</b>	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.



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