

# Spring #1 FITNESS CLASSES

Mar 11<sup>th</sup> – May 5<sup>th</sup>, 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		Spin	
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics		Arthritics		
12:10PM	RIPPED Aquacise Fit-Swim	HIIT Parade	Cardio Core Aqua-Tabata Fit-Swim	KB Blast	Spin		
5:30PM	Escape Circuit	Zumba	Spin & Tone	Hatha Yoga			
6:30PM	Core De Force	Yin Yoga		Fit-Swim (6pm)	<b>FITNESS HOURS</b>		
7PM			Aquacise		<b>Mon-Fri: 6:00am-8:00pm</b> <b>Sat-Sun: 7:00am-4:00pm</b>		

## 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**

<b>Cardio Core (40M)</b>	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.
<b>CORE de FORCE (45M)</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>HIIT Parade (40M)</b>	Rotating 4 different versions of HIIT to push your limits and challenge your fitness. 4X4, accumulator, EMOM and AMRAP styles will be used to keep your body and mind challenged
<b>Kettlebell Blast (40M)</b>	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.
<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>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 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.
<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>ZUMBA (45M)</b>	Zumba combines Latin and international music with dance moves. <b>Zumba</b> routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

**AQUATIC FITNESS**

<b>Arthritics (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>Aqua-tabata (40M)</b>	Just like the land version, this high-intensity class will combine toning with cardio 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>	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 through extended holds.
<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.