

# FALL 2021 FITNESS CLASSES

Session 2 · Nov 1<sup>st</sup> Dec 23<sup>rd</sup>, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7am						·Fit-Swim	
9AM		·Deep H2O		·Deep H2O		·Supersweat	·RIP
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Gentle Hatha Yoga				Flow Yoga	·Beginner Yoga
11:15AM	·Arthritics	*Strong Moms (Speciality)	·Arthritics	*Postnatal Rehab (Speciality)	·Arthritics		
12:10PM	Step & Tone Aquacise ·Fit-Swim	·HIIT	Band-Camp ·Aquatata ·Fit-Swim	·DB Circuit	·Spin		
5:15PM	HIIT	·Zumba	Insanity	Hatha Yoga			
6:15PM	Spin & Sculpt	Yin Yoga	·Core & More	·Fit-Swim (6:00pm)	<b>FITNESS HOURS</b>		
				·Core de Force			
7:15PM	·Aquacise		·Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

## LEGEND

**Deep H2O:** Deep end competition pool.  
**Afternoon Aqua Classes:** Lower leisure pool.  
**Arthritics:** Lower leisure pool.  
**Evening Aquacise:** Shallow end competition pool.  
**Spin:** MPR aerobic studio.  
**MPR Classes:** MPR aerobic studio.  
**Fit-Swim:** Competition pool.



**Canada Games  
 Aquatic Centre**  
**Centre Aquatique  
 Jeux du Canada**

**STRENGTH / RESISTANCE TRAINING / CARDIO**

BAND-CAMP (40M)	It's a 40-minute, full body conditioning bootcamp that employs resistance bands to sculpt and tone the arms, legs, glutes and core. No muscle goes untouched.
CORE de FORCE (40M)	This MMA inspired total body workout uses core conditioning combos, bodyweight moves, and cardio spikes to harness the power of your core.
CORE & MORE (40M)	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.
DB CIRCUIT (40M)	This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.
HIIT (40M)	This class is a rigorous interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.
INSANITY LIVE (40M)	Offers total-body conditioning, complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength.
MORNING MIX (1HR)	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
RIP (60M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms
SUPER SWEAT (1HR)	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.
SPIN (40M)	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.
SPIN & SCULPT (40M)	Spin & Sculpt is exactly as the name describes— half the class is spinning, half is sculpting. It's the best of both worlds: An endurance-building workout that also focuses on toning and tightening your major muscle groups
STEP & TONE (40M)	Choreographed to high energy music, this Step and Tone class offers a great cardio and strength workout.
ZUMBA (45M)	Zumba combines Latin and international music with dance moves. <b>Zumba</b> routines incorporate interval training alternating fast and slow rhythms — to help improve cardiovascu-

**AQUATIC FITNESS**

ARTHRITIS (45M)	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.
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.
AQUA-TABATA (40M)	Just like the land version, this high-intensity class will combine toning with cardio intervals and core exercises.
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, previous swimming experience required.
<b>Mind &amp; Body Classes</b>	
BEGINNER YOGA (40M)	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.
GENTLE HATHA YOGA (60M)	. Gentle Hatha is a mindful and meditative approach to opening the body with softness. It is practiced with a focus on the basics of alignment and the evolution of strength and balance. This class is complete with opportunities for self-care bringing forth surrender and release with nurturance and ease.
HATHA YOGA (40M)	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
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 of postures.
FLOW YOGA (60M)	Flow Yoga is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Flow classes offer a nice variety of postures and is set to soft pop music. You will be coached every step of the way towards each position.