

FALL 2022

FITNESS CLASSES

Session # 2. Oct 31st – Dec 23rd, 2022

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM		*Sunrise Spin 6:30am				Fit-Swim 7-8am & 8-9am	
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	*Strong Moms (10am)	Morning Mix		Morning Mix		
10:30AM		Yoga		Stretch & Tone			
11:15AM	Arthritics	*Strong Moms	Arthritics		Arthritics		
12:10PM	RIPPED Aquacise Fit-Swim	HIIT	Cardio Core Aqua-Tabata Fit-Swim	Dumbbell Circuit *SUP-Fit	Pylata/Spin		
5:15PM	Escape Circuit	Zumba	Core de Force	Hatha Yoga			
6:15PM			Spin & Tone	Fit-Swim (6pm)	FITNESS HOURS		
7:15PM	Aquacise		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)



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada

STRENGTH / RESISTANCE TRAINING / CARDIO

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.
CARDIO CORE (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.
DUMBBELL CIRCUIT (40M)	This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.
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.
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
RIPPED (45M)	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.
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 & Tone (40M)	A combination of traditional spin for 20 minutes followed by muscular toning and core exercises off the bike, complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.
ZUMBA (40M)	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.
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 (40M)	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class

MIND & BODY CLASSES

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.
Pylata (40M)	A combination of Yoga and Pilates exercises. This class will challenge your core strength and endurance but will also incorporate power moves to build upper and lower body strength.
Stretch & Tone (40M)	Great for all fitness levels and ages. 20 mins to focus on controlled strength training, balance and core strength, with 20 mins focus on stretching and flexibility.
Yoga (60M)	A combination of a gentle Hatha postures and stretches for the beginning of class leading into a more energetic vinyasa flow and ending with some mindful and relaxing restorative postures to finish the practice. The class is suitable for all levels of practice