

FALL 2023

FITNESS CLASSES

Session # 1. Sep 11th – Oct 29th, 2023

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|--|---------------------------------|--|--------------------------------|---------------|---|--------|
| 7 AM | | | | | | Fit-Swim 7-8 & 8-9 (Oct 21) | |
| 9 AM | | Deep H2O | | Deep H2O | | Supersweat | RIPPED |
| 9:30 AM | Morning Mix | <i>*Strong Moms (10 am)</i> | Morning Mix | | Morning Mix | | |
| 10:30 AM | | Hatha Yoga | | Kripalu Yoga | | Spin | |
| 11:15 AM | Arthritics | <i>*Strong Moms</i> | Arthritics | | Arthritics | | |
| 12:10 PM | RIPPED Aquacise Fit-Swim (Oct 16) | Kettlebell Blast | Accumulator Aqua-Tabata Fit-Swim (Oct 18) | Inside-Outside | Pylata | | |
| 5:30 PM | Escape Circuit | Zumba | | Hatha Yoga | | | |
| 6:30 PM | Insanity Live | Yin Yoga | Spin & Tone | Fit-Swim (6 pm) (Oct 19) | FITNESS HOURS | | |
| 7:00 PM | | | Aquacise | | | | |

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

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|------------------------|---|
| Accumulator (40M) | In an accumulator format, start with 1 OR more exercises, adding as you go until all exercises are completed in succession. Exercises, intervals and reps will vary from class to class. |
| 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. |
| Insanity Live (40M) | 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. |
| Inside/Outside (40M) | Indoors when its rainy, outside when the sun shines! Join us in the great urban outdoors of uptown Saint John as we bring your favourite group routine to the great outdoors. |
| 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 |
| Kettlebell Blast (40M) | 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. |
| 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. |
| Spin & Tone (60M) | A combination of traditional spin for 30 minutes followed by muscular toning and core exercises off the bike, (30 minutes) complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue. |
| Supersweat (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. |
| 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

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| 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 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. <i>Starting after Thanksgiving</i> |

MIND & BODY CLASSES

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| 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. |
| Pylata (40M) | A combo of Yoga and Pilates exercises combined with strength training and core stability. |
| Yin Yoga (40M) | 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. |
| Kripalu Yoga | 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. |