

SPRING #2 FITNESS CLASSES

May 9th – June 25th, 2022.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H20		Deep H20		Supersweat	RIPPED
9:30AM	·Morning Mix	<i>*Strong Moms (Speciality) 10am</i>	Morning Mix		Morning Mix		
10:30AM		Yoga		<i>*Postnatal Rehab Level 1 10am (Speciality)</i>			<i>*Back Care Essentials Yoga (Speciality)</i>
11:15AM	Arthritics	<i>*Strong Moms (Speciality)</i>	Arthritics	<i>*Postnatal Rehab Level 2 11am (Speciality)</i>	Arthritics		
12:10PM	Step & Tone Aquacise	CSX	Accumulator Deep H20	EMOM	Spin		
5:15PM	HIIT	Zumba	Insanity Live	Hatha Yoga			
6:15PM	Instructor's Choice		Cardio Core		FITNESS HOURS		
7:15PM	Aquacise		Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

LEGEND

Deep H20: 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.

**Speciality Classes Require Registration*



Canada Games
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STRENGTH / RESISTANCE TRAINING / CARDIO	
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.
CARDIO CORE (40M)	A high intensity cardiovascular workout combined with the toning and strengthening of your abdominal muscles. This class was designed to give you the best of both worlds:
CSX (40m)	Cardio Strength Cross. Cardio combined with strength training is the best way to burn calories while maintaining lean body mass. You can achieve your fitness goals by boosting metabolism and improving the health of your heart and lungs.
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)	Total-body conditioning, complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, body-weight strength moves, agility drills, and a focus on core strength.
Instructor's Choice (40M)	Fitness Roulette, take a gamble and join a new instructor each week for a workout of their choice. A variety of styles and equipment will be used from week to week to keep your workouts fresh.
EMOM (40M)	An EMOM workout, short for every minute on the minute, is a form of interval training. The challenge is to complete a predetermined number of repetitions (reps) of a particular exercise within 60 seconds
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 (1HR)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step. RIP is a rapid fat-burning class that incorporates weights to tone and condition the body. It is an all-level workout.
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.
STEP & TONE (40M)	Using the step platform and choreographed to high energy music, this Step and Tone class offers a great cardio and strength workout. For all levels.
ZUMBA (45M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardio.

AQUATIC FITNESS	
ARTHRITIS (45M)	Designed to help those with arthritis & other mobility conditions maintain a good posture, 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.
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
Mind & Body Classes	
GENTLE HATHA YOGA (1HR)	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 ease.
HATHA YOGA (40M)	A combination of a gentle flow of Hatha postures for the beginning of class leading us into some beautiful and relaxing restorative postures to finish our practice.
Back Care Essentials (Yoga) (1 HR)	As we age, it is important to maintain as much flexibility and strength in the body as possible. Utilizing props like blocks, the wall, yoga straps and more, we will work on lengthening the muscles of the back and increasing strength and flexibility in a gentle and supportive environment. People with chronic back problems, such as low back pain, osteoporosis, arthritis, and sciatica, may benefit from this yoga series.