

Spring #1

FITNESS CLASSES

Mar 13th - Apr 30th, 2023

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		Stretch & Tone			Beginners Hatha
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics		Arthritics		
12:10PM	Kick-It Aquacise Fit-Swim	HIIT	Shred Aqua-Tabata Fit-Swim	Bosu-Fit	Spin		
1:00pm		C.S.X.		Dumbbell Complex			
5:15PM	Escape Circuit	Zumba	Insanity	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.

*MPR Classes: MPR Functional Studio

*Fit-Swim: Competition pool.

*Speciality Classes (Require Registration)



Canada Games
Aquatic Centre
Centre Aquatique
Jeux du Canada

STRENGTH / RESISTANCE TRAINING / CARDIO

Bosu-Fit (40M)	This is a fun class using the bosu stability ball. You will work your whole body with an emphasis on balance and core strength.
C.S.X. (30M)	Cardio Strength Cross is a combo of cardio and strength exercises designed to burn calories and your lungs. Minimal rest and max effort is given as you move through multiple stations. If your looking for quick but high output workout this is it!
Dumbbell Complex (30M)	A strength circuit where you complete 2 or more exercises with a dumbbell back to back with no rest without the dumbbell touching the ground.
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.
Insanity Live (45M)	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.
Kick-It (40M)	This class will have you punching and kicking your way into shape with a combination of kickboxing/cardio movements and strength training exercises. You'll build that lean muscle and burn fat in the ultimate workout .
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
SHRED (40M)	Shred is a high intensity and endurance based workout. utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
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 & 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.
Beginner Hatha (60M)	In this class the instructor will teach beginner poses explaining the proper alignment of the postures, how to bring awareness to the breath to calm the mind, and how to use the breath as a tool to move through poses.
Hatha Vinyasa (60M)	A Hatha Vinyasa class consists of steady and flowing movement from pose to pose in a sequences of movements synchronized with breath, often pausing to hold poses for various lengths of time.
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 & flexibility.