

Spring #2

FITNESS CLASSES

May 1st – Jun 25th, 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		Yin Yoga			Beginners Hatha
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics		Arthritics		
12:10PM	Tabata Aquacise Fit-Swim	HIIT	Cardio Core Deep H2O Fit-Swim	Spin <i>*SUP</i>	Pylata		
1:00pm				Dumbbell Complex			
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 *Pools**

***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

*Fit-Swim Classes End May 24th, 25th & 27th

*Sunday Ripped Ends Jun 18th

STRENGTH / RESISTANCE TRAINING / CARDIO

Cardio Core (40M)	A core focused fitness class designed to target the entire CORE, utilizing cardio specific movements as well as mat work and toning designed to hit the problem areas.
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.
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.
Mobility (30M)	Mobility Class is all about dedicating time to care for your body and soft tissue to promote better movement and improved functional range of motion .
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
Pylaya (40M)	A combo of Yoga and Pilates exercises combined with strength training and core stability. This class will challenge your core strength and endurance but will also incorporate power moves to build upper and lower body strength.
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.
Tabata (40M)	Tabata protocol is a high intensity training that produces remarkable results. 4 minutes of ultra-high intensity training, short periods of recovery tax your aerobic and anaerobic energy systems
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.
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

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 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.
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.
Pylata (40M)	A combo of Yoga and Pilates exercises combined with strength training and core stability. This class will challenge your core strength and endurance but will also incorporate power moves to build upper and lower body strength.
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.