

SUMMER 2022

FITNESS CLASSES

Session Jun 27th- Sept 4th, 2022

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H20		Deep H20		Super-sweat	
9:30AM	Morning Mix		Morning Mix		Morning Mix		
10:30AM		Yoga					
11:15AM	Arthritics		Arthritics				
12:10PM	RIPPED	Total Body Tuesday	Cardio Accumulator Aquacise	Inside/Outside	Spin & Tone		
5:15PM	Instructors Choice	Zumba	Core N' More	Hatha Yoga			
6:45PM	Aquacise		Aquacise				
						FITNESS HOURS Mon-Fri: 6:00am-8:00pm Sat- 7:00am-11:00am Sun: 11:00am-3:00pm	

LEGEND

Deep H20: Deep End Competition Pool.

Afternoon Aqua Classes: Shallow End Competition Pool.

Arthritics: Lower Leisure Pool.

Evening Aquacise: Shallow End Competition Pool.

Spin: MPR Aerobic Studio.

MPR Classes: MPR Aerobic Studio.

Inside/Outside: CGAC front lobby sunny days. MPR Aerobic studio rainy days



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STRENGTH / RESISTANCE TRAINING / CARDIO

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.
CORE N' MORE (40M)	Core training is the foundation of all human movement. This class will improve functional strength for the daily activities while using exercises that will tighten, tone, and focus on the core while assisting in injury prevention. .
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. Starting from the CGAC if the weather permits the workout will be taken outside and if the weather is poor we will use the MPR.
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.
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.
SPIN & 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.
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.
TOTAL BODY TUESDAY (40M)	A full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.
ZUMBA (1 HR)	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

ARTHRITCS (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 enjoy the suspended nature of our deep-water class and get a great workout No impact!

Mind & Body Classes

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.
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