



Canada Games
Aquatic Centre
Centre Aquatique
Jeux du Canada

SPRING FITNESS SCHEDULE

SPRING: MONDAY MARCH 11TH - SUNDAY MAY 5TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM						FIT-SWIM (6AM-8:30AM) (COMPETITION POOL)
6:45AM		SUNRISE YOGA (STUDIO B)		SUNRISE YOGA (STUDIO B)		
8:45AM						SPIN (SPIN ZONE)
9:00AM		DEEP H2O (DEEPEND COMPETITION)		DEEP H2O (DEEPEND COMP)		SUPERSWEAT (STUDIO B)
9:30AM	MORNING MIX (STUDIO B)		3B (STUDIO B)		MORNING MIX (STUDIO B)	
10:15AM		YOGA (STUDIO B)				
11:15AM	ARTHITICS (\$) (LEISURE POOL)	MOVING MOMMIES AQUA (\$) (LEISURE POOL)	ARTHITICS (\$)	MOVING MOMMIES BOOTCAMP (\$) (STUDIO A)	ARTHITICS (\$) (LEISURE POOL)	SUNDAY
12:10PM	STEP (STUDIO B)	CSX (STUDIO B)	OBSTACLES (STUDIO B)	SHRED (STUDIO B)	FUN & FIT (STUDIO B)	RIPPED (STUDIO B)(9:00AM)
	AQUA-FLOW (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUA-TABATA (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUA-BOOTCAMP (SHALLOW COMPETITION)	BEGINNER YOGA (STUDIO B) (10:15AM)
	FIT-SWIM (COMPETITION POOL)	DEEP H2O (DEEPEND COMPETITION)	FIT-SWIM (COMPETITION POOL)	SUP FIT (DEEPEND COMPETITION)		LEGEND
12:30PM	TRX CORE (STUDIO A)		ESCAPE CIRCUIT (STUDIO A)		HIIT (STUDIO A)	AQUATICS
4:30PM	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)		CARDIO & TONING FUNCTIONAL STUDIO A
5:30PM	ESCAPE CIRCUIT (STUDIO A)	SPIN & SCULPT (STUDIO A)	BELLY FIT (STUDIO B) INSANITY LIVE (STUDIO A)	VINYASA YOGA (STUDIO B)	TABATA (5:15PM) (STUDIO A)	CARDIO & TONING STUDIO B / MPR
6:00PM				FIT-SWIM (COMPETITION POOL)		SPECIALTY (\$)
6:30PM	CORE DE FORCE (STUDIO B)	CARDIO CORE TABATA (STUDIO B)	TABATA (STUDIO B)	SPIN & SCULPT (STUDIO A)		YOGA STUDIO B / MPR
7:30PM	HIIT (STUDIO B)	AQUACISE (LOWER LEISURE) CORE DE FORCE/ INSANITY LIVE ROTATION (STUDIO B)	CARDIO CORE (STUDIO B)	AQUA BOOT-CAMP (SHALLOW COMPETITION)		SPIN ZONE

STRENGTH / RESISTANCE TRAINING / CARDIO		AQUATICS	
3B (1HR)	Balls, Bands and Balance . This hour long class will focus on developing muscular conditioning, cardiovascular endurance and helping to enhance balance by using resistance bands, stability balls and bosu balls.	ARTHRITICS (45M)	Designed for those with arthritic and other joint and muscular conditions to help with posture, balance, and range of motion. This class takes place in our warm leisure pool to provide an optimal stress and strain free environment.
BELLY-FIT (45M)	Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get a beautifully compact 60 minutes of bootie shakin' goodness ~ 40 min of stress reducing cardio dance, 10-min of full body toning, and 10 min of Yoga inspired stretching & meditation. Max 15 participants **This is a women's only class**	AQUACISE (40M)	Don't be afraid to get your feet wet! Just the same as aerobics but in waist-high water. Swimming experience not necessary.
CSX (40M)	Cardio. Strength. Cross: 3 stations to challenge your cardiovascular and muscular endurance to the limit while utilizing some of todays hottest and effective fitness equipment like Rowing, Battle Ropes, Slam balls and sled pushes. Bring a towel and get ready to sweat!	AQUA-FLOW (40M)	A dynamic and challenging sequence of poses and exercises designed to improve strength balance and flexibility. This gentle yoga style class would be appropriate for all levels.
CARDIO CORE (40M)	A combination of cardio intensive drills and core specific movements focused on core strength and stabilization.	AQUA-TABATA (40M)	Just like the land version of 20/10 this high-intensity class will combine toning with cardio intervals and core exercises.
CARDIO CORE TABATA (30M)	This high energy 30 minute class combines elements of core specific toning and stabilization in the 20/10 Tabata format for max energy expenditure and calorie burn. .	AQUA BOOT CAMP (40M)	Swim, run ,kick ,jump, push and pull all the work of a traditional Bootcamp set in our chest deep competition pool.
CORE de FORCE (45M)	This MMA inspired total body workout uses core conditioning combos, bodyweight moves and cardio spikes to harness the power of your core.	DEEP H20 (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 without any impact!
ESCAPE CIRCUIT (30/40M)	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.	FIT SWIM (40M/2.5HRS)	Four coached workouts a week designed to improve speed and swimming skills.
FUN & FIT FRIDAY (40M)	This class will be instructor's choice with the format changing from week to week using games and various other fitness tools to keep participants guessing while providing a Fun filled Friday workout for everyone.	SUP-FIT (40M)	This challenging core specific class will take place on top of our SUP Boards (stand up paddleboard) in the competition pool. Focusing on core strength and balance this class will combine upper body lower body and even a bit of cardio into one intense class for any level.
H.I.I.T (30/40M)	High-Intensity Interval Training one of the most popular fitness styles today combines longer duration high-intensity exercise with shorter duration periods of rest.	MIND / BODY	
INSANITY LIVE (40M)	Insanity is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. The group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience	YOGA (45M)	Yoga is a series of carefully designed postures with a strong emphasis on breathing, concentration, and flexibility. Strengthen the body while calming the mind. For all experience levels.
MORNING MIX (1HR)	A great combo class with a variety of cardio weights and stretching to help wrap up the week.	SUNRISE YOGA (45M)	The experience in this class is one of fluidity and motion. Poses are generally held for short periods of time and emphasis on the rhythm of the breath is encouraged with the purpose of aligning and focusing the mind.
OBSTACLEZ (40M)	In our interval Obstacles class you will bend, crawl, carry, jump, lift, lunge, pull, push, run, sprint, squat, squirm, and twist.	VINYASA YOGA (45M)	Vinyasa is a dynamic style of Hatha Yoga which joins physical postures, or asanas, with inhales and exhales, creating a steady rhythm for the practice. This Vinyasa flow class is designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, and a strong focus on the power of breath
RIPPED (40M)	Work head-to-toe using simple equipment — a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms. RIP is the fastest growing functional barbell program.	BEGINNER YOGA (45M)	This class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Perfect for those who are new to yoga or looking to ease back into their practice!
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.		
SUPER SWEAT (1HR)	This group fitness class will have you sweating to the beat. 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.		
STEP (40M)	A dynamic, non-stop workout designed to give EVERY participant a cardiovascular challenge. A variety of step combinations as well as power movements may be added to increase intensity.		
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.		
SPIN & SCULPT (1HR)	A combination of traditional spin for 30 minutes followed by 30 minutes of muscular toning and core exercises off the bike, complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue and soreness.		
TABATA (30/45M)	Tabata protocol is a high-intensity training that produces remarkable results. Work all of the major muscle groups and get a high-intensity cardio and muscular endurance workout.		
TRX CORE (30M)	All core all class, This mix of gravity resistance and movement provides the ultimate workout to train strength, endurance, balance, coordination, flexibility, power and core stability.		