



Canada Games  
Aquatic Centre  
Centre Aquatique  
Jeux du Canada

# WINTER FITNESS SCHEDULE

WINTER: JANUARY 7TH 2019 - MARCH 3RD 2019

| TIME    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                                      | SATURDAY  |
|---------|---|---|--|---|---|---|
| 6:30AM  |   |   |  |   |   | <b>FIT-SWIM</b><br>(6AM-8:30AM)<br>(COMPETITION POOL)       |
| 6:45AM  |   | <b>SUNRISE YOGA</b><br>(STUDIO B)                           |  | <b>SUNRISE YOGA</b><br>(STUDIO B)                           |   | <b>SPIN</b><br>(8:45AM) (SPIN ZONE)                         |
| 9:00AM  |   | <b>DEEP H2O</b><br>(DEEPEND COMPETION)                      |  | <b>DEEP H2O</b><br>(DEEPEND COMP)                           |   | <b>SUPERSWEAT</b><br>(STUDIO B)                             |
| 9:30AM  | <b>MORNING MIX</b><br>(STUDIO B)                |   | <b>MORNING MIX</b><br>(STUDIO B)                                     |   | <b>MORNING MIX</b><br>(STUDIO B)            |   |
| 10:15AM |   | <b>YOGA</b><br>(STUDIO B)                                   |  |   |   |   |
| 11:15AM | <b>ARTHRITICS (\$)</b><br>(LEISURE POOL)        | <b>MOVING MOMMIES</b><br><b>AQUA (\$)</b><br>(LEISURE POOL) | <b>ARTHRITICS (\$)</b>   | <b>MOVING MOMMIES</b><br><b>BOOTCAMP (\$)</b><br>(STUDIO A) | <b>ARTHRITICS (\$)</b><br>(LEISURE POOL)    | <b>SUNDAY</b>   |
| 12:10PM | <b>STEP</b><br>(STUDIO B)                       | <b>3D-XTREME</b><br>(STUDIO B)                              | <b>4X4 BLAST</b><br>(STUDIO B)                                       | <b>SHRED</b><br>(STUDIO B)                                  | <b>FUN &amp; FIT</b><br>(STUDIO B)          | <b>RIPPED</b><br>(STUDIO B)(9:00AM)                         |
|         | <b>AQUA-FLOW</b><br>(LOWER LEISURE)             | <b>SPIN</b><br>(SPIN ZONE)                                  | <b>AQUA-TABATA</b><br>(LOWER LEISURE)                                | <b>SPIN</b><br>(SPIN ZONE)                                  | <b>AQUA-BOOTCAMP</b><br>(SHALLOW COMPETION) | <b>BEGINNER YOGA</b><br>(STUDIO B) (10:15AM)                |
|         | <b>FIT-SWIM</b><br>(COMPETITION POOL)           | <b>DEEP H2O</b><br>(DEEPEND COMPETION)                      | <b>FIT-SWIM</b><br>(COMPETITION POOL)                                | <b>SUP FIT</b><br>(DEEPEND COMPETION)                       |   | <b>LEGEND</b>   |
| 12:30PM | <b>KETTLEBELL</b><br><b>KRUSH</b><br>(STUDIO A) |   | <b>ESCAPE CIRCUIT</b><br>(STUDIO A)                                  |   | <b>HIIT</b><br>(STUDIO A)                   | <b>AQUATICS</b>   |
| 4:30PM  | <b>PRIVATE TRAINING</b><br>(STUDIO A)           | <b>PRIVATE TRAINING</b><br>(STUDIO A)                       | <b>PRIVATE TRAINING</b><br>(STUDIO A)                                | <b>PRIVATE TRAINING</b><br>(STUDIO A)                       |   | <b>CARDIO &amp; TONING</b><br><b>FUNCTIONAL STUDIO</b><br>A |
| 5:30PM  | <b>ESCAPE CIRCUIT</b><br>(STUDIO A)             | <b>SPIN &amp; SCULPT</b><br>(STUDIO A)                      | <b>BELLY FIT</b><br>(STUDIO B)<br><b>INSANITY LIVE</b><br>(STUDIO A) | <b>VINYASA YOGA</b><br>(STUDIO B)                           | <b>TABATA</b><br>(5:15PM) (STUDIO A)        | <b>CARDIO &amp; TONING</b><br><b>STUDIO B</b>               |
| 6:15PM  |   |   |  | <b>FIT-SWIM</b><br>(6PM) (COMPETITION POOL)                 |   | <b>SPECIALTY (\$)</b>                                       |
| 6:30PM  | <b>CORE DE FORCE</b><br>(STUDIO B)              | <b>CARDIO TONE</b><br>(STUDIO B)                            | <b>TABATA</b><br>(STUDIO B)  | <b>SPIN &amp; SCULPT</b><br>(STUDIO A)                      |   | <b>YOGA</b><br>STUDIO B                                     |
| 7:30PM  | <b>HIIT</b><br>(STUDIO B)                       | <b>AQUACISE</b><br>(LOWER LEISURE)                          | <b>CARDIO CORE</b><br>(STUDIO B)                                     | <b>AQUA BOOT-CAMP</b><br>(SHALLOW COMPETITION)              |   | <b>SPIN ZONE</b>  |

| STRENGTH/ RESITANCE TRAINING/ CARDIO |   | AQUATICS & YOGA              |   |
|--------------------------------------|---|------------------------------|---|
| <b>3D-XTREME (40M)</b>               | 3D XTREME™ powered by BOSU® is a unique, high-intensity, workout that combines functional, integrated, total body training with explosive cardio challenges to get maximum results in the minimum amount of time.   | <b>ARTHRITICS (45M)</b>      | Designed to help those with arthritis and other mobility conditions maintain a good posture, a range of motion, general strength and cardiovascular stamina. All the while in the warm pool which helps soothe sore joints and bones. |
| <b>4X4 BLAST (40M)</b>               | Based on the science of 1-minute burst intervals, you'll repeat reps of 1 high-intensity cardio, 1 lower body, 1 upper body and 1 core for 1 minute each followed by 30-sec rest, then repeat the round 4 times.  |                              | <b>AQUACISE (40M)</b>   |
| <b>BELLY-FIT (45M)</b>               | 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.<br><br>SPECIALTY REGISTRATION REQUIRED | <b>AQUA-FLOW (40M)</b>       |   |
| <b>CARDIO CORE (40M)</b>             | A combination of cardio intensive drills and core specific movements focused on core strength and stabilization.  |                              | <b>AQUA-TABATA (40M)</b>  |
| <b>CARDIO TONE (40M)</b>             | Cardio Tone combines light resistance training with a complete cardiovascular workout. With the use of dumbbells, straps and step blocks, this powerful, fat blasting routine is gentle on the joints and tough on unwanted weight.   | <b>AQUA BOOT CAMP (40M)</b>  |   |
| <b>CORE de FORCE (40M)</b>           | This MMA inspired total body workout uses core conditioning combos, bodyweight moves and cardio spikes to harness the power of your core.   |                              | <b>DEEP H2O (40M)</b>   |
| <b>ESCAPE CIRCUIT (30/40M)</b>       | 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.   | <b>FIT SWIM (40M/2.5HRS)</b> |   |
| <b>FUN &amp; FIT FRIDAY (40M)</b>    | This class will be the 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.  |                              | <b>SUP-FIT (40M)</b>  |
| <b>H.I.I.T (30/40M)</b>              | High-Intensity Interval Training one of the most popular fitness styles today combines longer duration high-intensity exercise with shorter duration periods of rest.   | <b>YOGA (45M)</b>            |   |
| <b>INSANITY LIVE (40M)</b>           | 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  |                              | <b>SUNRISE YOGA (45M)</b>   |
| <b>KETTLEBELL KRUSH (30M)</b>        | This coaching based intro to kettlebells will provide instruction on technique and proper form and progressions for various kettlebell based exercises.   | <b>VINYASA YOGA (45M)</b>    |   |
| <b>MORNING MIX (1HR)</b>             | A great combo class with a variety of cardio weights and stretching to help wrap up the week.   |                              | <b>BEGINNER YOGA</b>  |
| <b>RIPPED (40M)</b>                  | 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   |                              |   |
| <b>SHRED (40M)</b>                   | 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.  |                              |   |
| <b>SUPER SWEAT (1HR)</b>             | 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.  |                              |   |
| <b>STEP (40M)</b>                    | 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.  |                              |   |
| <b>SPIN (40M)</b>                    | 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.  |                              |   |
| <b>SPIN &amp; SCULT (40M)</b>        | 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 and soreness.   |                              |   |
| <b>TABATA (30/45M)</b>               | 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.  |                              |   |