



Canada Games
Aquatic Centre
Centre Aquatique
Jeux du Canada

FALL FITNESS #2 SCHEDULE

FALL FITNESS #2 SCHEDULE: OCTOBER 29TH - DECEMBER 16TH 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	MORNING MELT (STUDIO A)					
6:45AM		SUNRISE YOGA (STUDIO B)		SUNRISE YOGA (STUDIO B)		FIT-SWIM (COMPETITION POOL)
9:00AM		DEEP H2O (DEEPEND COMPETION)		DEEP H2O (DEEPEND COMPETION)		SUPERSWEAT (STUDIO B)
9:30AM	MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)	
10:15AM		YOGA (STUDIO B)				
11:15AM	ARTHRITICS (\$) (LEISURE POOL)	MOVING MOMMIES AQUA (\$) (LEISURE POOL)	ARTHRITICS (\$) (LEISURE POOL)	MOVING MOMMIES BOOTCAMP (\$) (STUDIO A)	ARTHRITICS (\$) (LEISURE POOL)	SUNDAY
12:10PM	STEP (STUDIO B)	HAVE A BALL (STUDIO A)	CARDIO CORE (STUDIO B)	BUTTS & GUTS (STUDIO B)	HIIT (STUDIO B)	RIPPED (STUDIO B)(9:00AM)
	AQUACISE (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUA-TABATA (LOWER LEISURE)	SPIN (SPIN ZONE)		
	FIT-SWIM (COMPETITION POOL)	AQUA-STRIDE (COMPETITION POOL)	FIT-SWIM (COMPETITION POOL)	SUP FIT (DEEPEND COMPETION)		
12:30PM	EMOM (STUDIO A)		AMRAP (STUDIO A)			AQUATICS
4:30PM	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO A)	PRIVATE TRAINING (STUDIO B)(5:00PM)	CARDIO & TONING FUNCTIONAL STUDIO A
5:30PM	ESCAPE CIRCUIT (STUDIO A)	RIP & KICK (STUDIO B)	BELLY FIT (STUDIO B)	ZUMBA (STUDIO B)	TABATA (5:15PM)	CARDIO & TONING STUDIO B
6:15PM	HAVE A BALL (STUDIO A)		PRIVATE TRAINING (STUDIO A)(6:30PM)	FIT-SWIM (6PM) (COMPETITION POOL)		SPECIALTY (\$)
6:30PM			CORE BLITZ (STUDIO B)	SPIN & SCULPT (STUDIO B)		YOGA STUDIO B
7:15PM	HIIT (STUDIO B)	ACCUMULATOR (STUDIO B)	TABATA (STUDIO B)	AQUA BOOT-CAMP (LOWER LEISURE)		SPIN AREA
8:10PM		AQUACISE (LOWER LEISURE)				

REDUCED HOLIDAY FITNESS SCHEDULE BEGINS DECEMBER 17TH

STRENGTH / RESISTANCE TRAINING / CARDIO		MIND / BODY		
ACCUMULATOR (45M)	Your workload really adds up by the end of this class. As each exercise progresses so too do the number of reps, sets, interval length or number of exercises being completed.	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 beginners to advanced.	
AMRAP (30M)	As Many Rounds As Possible: A set number of exercises and reps for a given time period, where you keep repeating the sets until the timer sounds. Work at your own rate and see how many rounds you can fit in within the time frame.		SUNRISE YOGA (45M)	A dynamic practice focused on moving the body along with the breath. 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.
BUTTS & GUTS (40M)	Train and tighten all regions of the lower body and core with this toning class. The workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance.			
CORE BLITZ (30M)	A 30-minute express class designed to target the major core muscles, and leave your midsection feeling toned and tight.			
CARDIO CORE (40M)	A combination of intensive cardio drills and core specific movements focused on core strength and stabilization.			
CARDIO KICK (40M)	An intensive cardio workout following basic kickboxing patterns. Punch, and kick your way to a fitter stronger physique.			
EMOM (30M)	Every Minute On the Minute is a high-intensity workout where you have that minute to complete a given number of an exercise and the rest of that minute to rest before the next activity begins. Either way it's a great full body workout that will be leaving you breathing heavy and satisfyingly sweaty.	AQUATICS		
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.	ARTHRITICS (45M)	Designed to help those with arthritic and other mobility conditions maintain a good posture, range of motion, general strength and cardiovascular stamina. All the while in the warm pool which helps soothe sore joints and bones.	
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.	AQUACISE (40M)	Don't be afraid to get your feet wet! Just the same as aerobics but we are in waist high water. Swimming experience not necessary.	
HAVE A BALL (30M)	This circuit style class will utilize medicine balls, Bosu balls, slam balls, and stability balls for a full body workout.	AQUA-TABATA (40M)	Just like the land version of 20/10 this high intensity class will combine toning with cardio intervals and core exercises in a quick and challenging format using the added resistance of the pool to limit impact and maximize output.	
MORNING MELT (40M)	This sweat inducing boot-camp style class will utilize high-intensity cardio intervals combined with weights and body weighted exercise for maximal muscular strength and conditioning.	AQUA BOOT CAMP (40M)	Kick up your exercise program a notch with drills like bucket fill, brick pass and tug of war done in the water. This challenging workout will give you an extra push to surpass your comfort zone.	
MORNING MIX (1HR)	A great combo class with a variety of cardio weights and stretching to help wrap up the week. A full hour of toning, cardio, core & more!	AQUA STRIDE (40M)	Because aqua jogging closely mimics natural running form, it provides a neuromuscular workout that, in addition to aerobic benefits, helps keep the running specific muscles active.	
RIPPED (40M)	Work head-to-toe using simple equipment — a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.	DEEP H2O (40M)	This deep water class is a combination of aqua running, intervals and tools to increase both strength and endurance. Intensity ranges from moderate to vigorous with minimal impact to the joints.	
RIP & KICK (40M)	This exciting class takes you to the battlefield where you target strength and control in a fusion of fitness training and martial arts	FIT SWIM (40M/2.5HRS)	Four coached workouts a week designed to improve speed and swimming skills. This class is designed for those training for upcoming events to those wishing to improve their lap times.	
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.			
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 & SCULT (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 and soreness.			
SUP FIT (40M)	This challenging core specific class will take place on top of our stand up paddleboards 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.			
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.			
ZUMBA (40M)	The Zumba® program fuses hypnotic Latin rhythms, easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.			