



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						FIT-SWIM (6AM-8:30AM) (COMPETITION POOL)
6:45AM		SUNRISE YOGA (STUDIO B)	SPIN (SPIN ZONE)	SUNRISE YOGA (STUDIO B)		SPIN (8:30AM) (SPIN ZONE)
9:00AM		DEEP H2O (DEEPEND COMPETION)		DEEP H2O (DEEPEND COMP)		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 (\$)	MOVING MOMMIES BOOTCAMP (\$) (STUDIO A)	ARTHRITICS (\$) (LEISURE POOL)	SUNDAY
12:10PM	STEP (STUDIO B)	3D-XTREME (STUDIO B)	4X4 BLAST (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 COMPETION)	BEGINNER YOGA (STUDIO B) (10:15AM)
	FIT-SWIM (COMPETITION POOL)	DEEP H2O (DEEPEND COMPETION)	FIT-SWIM (COMPETITION POOL)	SUP FIT (DEEPEND COMPETION)		LEGEND
12:30PM	KETTLEBELL KRUSH (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 (SPIN ZONE)	BELLY FIT (STUDIO B) INSANITY LIVE (STUDIO A)	VINYASA YOGA (STUDIO B)	TABATA (5:15PM) (STUDIO A)	CARDIO & TONING STUDIO B
6:15PM				FIT-SWIM (6PM) (COMPETITION POOL)		SPECIALTY (\$)
6:30PM	CORE DE FORCE (STUDIO B)	CARDIO CORE (STUDIO B)	TABATA (STUDIO B)	SPIN & SCULPT (STUDIO B)		YOGA STUDIO B
7:30PM	HIIT (STUDIO B)	AQUACISE (LOWER LEISURE)	CARDIO CORE (STUDIO B)	AQUA BOOT-CAMP (SHALLOW COMPETITION)		SPIN ZONE

STRENGTH/ RESITANCE TRAINING/ CARDIO		AQUATICS & YOGA	
3D-XTREME (40M)	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.	ARTHRITICS (45M)	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.
4X4 BLAST (40M)	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.		
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. SPECIALTY REGISTRATION REQUIRED	AQUACISE (40M)	Don't be afraid to get your feet wet! Just the same as aerobics but in waist-high water. Swimming experience not required.
CARDIO CORE (40M)	A combination of cardio intensive drills and core specific movements focused on core strength and stabilization.	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 and no previous experience is required.
CARDIO TONE (40M)	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.		
CORE de FORCE	This MMA inspired total body workout uses core conditioning combos, bodyweight moves and cardio spikes to harness the power of your core.	AQUA-TABATA (40M)	Just like the land version this high-intensity class will combine toning with cardio intervals and core exercises.
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.	AQUA BOOT CAMP (40M)	Swim, run, kick, jump, push and pull all the work of a traditional boot camp set in our chest deep competition pool.
FUN & FIT FRIDAY (40M)	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.	DEEP H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deepwater class and get a great workout without any impact!
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.	FIT SWIM (40M/2.5HRS)	Four coached workouts a week designed to improve speed and swimming skills.
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	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.
KETTLEBELL KRUSH (30M)	This coaching based intro to kettlebells will provide instruction on technique and proper form and progressions for various kettlebell based exercises.		
MORNING MIX (1HR)	A great combo class with a variety of cardio weights and stretching to help wrap up the week.	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 users.
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	SUNRISE YOGA (45M)	The experience in this class is one of fluidity and motion. Poses are held for short periods and emphasis on the rhythm of the breath is encouraged with the purpose of aligning and focusing the mind .
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.	VINYASA YOGA (45M)	Students will focus on linking conscious breath with a dynamic and mindful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind.
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.	BEGINNER YOGA	Starting with the building blocks of yoga: alignment, breath work and movement. Students will learn the basic yoga postures through step-by-step verbal descriptions and demonstrations with an emphasis on student safety.
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.		
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.		