

FALL 2017 DROP-IN GROUP FITNESS SCHEDULE | September 5th-December 17th

M	T	W	T	F	S	S
<p>SPIN Track Christina 6am-6:45am</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 9am-10am</p> <p>CARDIO COMBAT Field House Amber 9:15am-10:15am</p> <p>ZUMBA GOLD *NEW DAY Dance Studio Alison 9:30am-10:15am</p> <p>DEEP AQUAFIT Competition Pool Jackie 10am-11am</p> <p>FIT FOR LIFE Field House Carolyn 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Natalie 10:30am-11:30am</p> <p>HIIT EXPRESS Field House Lianne 12:10pm-12:50pm</p> <p>YOUTH STRENGTH <i>For youth ages 12-16</i> Track Starting Blocks Logan 4pm-4:45pm</p> <p>SPIN *NEW Track Jodi 5:30pm-6:15pm</p> <p>PUMPED Field House Amanda 6pm-7pm</p> <p>SPIN Track Chris 6:30pm-7:15pm</p> <p>ZUMBA Field House Judy 7pm-8pm</p> <p>YOGA *NEW Fitness Studio 2 Jennifer 8:15pm-9:15pm</p>	<p>CGC WALKING CLUB Track Gail 9am-9:45am</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-11am</p> <p>SPIN GOLD *NEW Track Gail 10:15am-11am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Coleen 10:30am-11:30am</p> <p>PUMPED *NEW DAY Field House Lianne 12:10pm-12:50pm</p> <p>GENTLE AQUAFIT Leisure Pool 1pm-1:40pm</p> <p>SPIN *TIME CHANGE Track DW 5:30pm-6:15pm</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>HIIT Field House Calvin 6pm-7pm</p> <p>CORE Field House Melissa 7:15pm-7:45pm</p> <p>YOGA Fitness Studio 2 Dennette 7:15pm-8:15pm</p>	<p>SPIN Track Christina 6am-6:45am</p> <p>SHALLOW AQUAFIT Competition Pool Candice 9am-10am</p> <p>PUMPED Field House Amber 9:15am-10:15am</p> <p>ZUMBA GOLD Dance Studio Alison 9:30am-10:15am</p> <p>FIT FOR LIFE Field House Carolyn 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Jennifer 10:30am-11:30am</p> <p>CARDIO COMBAT Field House Lianne 12:10pm-12:50pm</p> <p>PUMPED Field House Calvin 6pm-7pm</p> <p>SPIN Track Sue 6:30 pm-7:15pm</p> <p>SHALLOW AQUAFIT Competition Pool Adele 7pm-7:50pm</p> <p>ZUMBA *NEW Field House Judy 7pm-8pm</p>	<p>CGC WALKING CLUB Track Gail 9am-9:45am</p> <p>YOGA *NEW Fitness Studio 2 Caro 9am-10am</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-11am</p> <p>SPIN GOLD *NEW Track DW 10:15am-11am</p> <p>TAI CHI *NEW Fitness Studio 2 Bil/ Wai Kam 10:30am-11:30am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>GENTLE AQUAFIT Leisure Pool 1pm-1:40pm</p> <p>SPIN Track Dave 5:30pm-6:15pm</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>ATHLETIC STEP Field House Nancy 6pm-7pm</p> <p>CORE *NEW Field House Melissa 7:15pm-7:45pm</p> <p>YOGA Fitness Studio 2 Dave 7:15pm-8:15pm</p>	<p>SHALLOW AQUAFIT Competition Pool Candice 9am-10am</p> <p>HIIT Field House Caro 9:15am-10:15am</p> <p>ZUMBA GOLD Dance Studio Alison 9:30am-10:15am</p> <p>FIT FOR LIFE Field House Gail 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Dennette 10:30am-11:30am</p> <p>COMBO AQUAFIT Competition Pool Linda 11am-11:50am</p> <p>YOGA Fitness Studio 2 Caro 12pm-1pm</p> <p>SPIN *NEW Track Jim 5:30pm-6:15pm</p>	<p>HYDRORIDER Competition Pool Jacob 8am-8:45am</p> <p>ZUMBA KIDS <i>For youth ages 7-11</i> Dance Studio Amanda 9am-9:45am</p> <p>SPIN *NEW <i>*Starts September 16th</i> Track Jim 9am-10am</p> <p>HIIT Field House Nancy 9:15am-10:15am</p> <p>ZUMBA Field House Amanda 10:30am-11:30am</p>	<p>SPIN Track Alison 9am-9:45am</p> <p>CARDIO COMBAT Field House Calvin 10am-11am</p> <p>DEEP AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>YOGA Fitness Studio 2 Natalie 7pm-8pm</p>
GROUP FITNESS CLASSES						
<p>All drop-in classes are free to members or covered by your day pass fees. We encourage participants to arrive early for classes. Cards for Yoga, Spin and Tai Chi classes are available 15 minutes prior to class start time at the Fitness Centre Desk. New participants are encouraged to arrive early to meet your instructor, request modifications as needed, and set up with the proper equipment.</p> <p>Hydrorider sign-in sheet available at the Customer Service Desk.</p>						
AGE REQUIREMENTS						
<p>Youth ages 12 years of age or older may attend group fitness classes.</p> <p>Child minding services are available for ages 2 months to 12 years. For non-walkers, please call us up to 3 days in advance at 902.490.2400 or visit the Customer Service Desk to arrange.</p> <p>Youth ages 8-11 years may use other parts of the facility while you're in class, so long as you are 18+ years and remain in the building. Please note: Children ages 7 & under may not use the pool on their own and must stay within arm's reach of a parent or guardian (18+ years) in the facility.</p>						
CLASS CANCELLATIONS						
<p>We try our best not to cancel classes; however if we need to, you will find the information on our website, on Facebook, on Twitter and on our internal notice boards at least one hour in advance.</p> <p>For the most current schedule or to view our Aquatics, Field House, and Track schedules, please visit www.canadagamescentre.ca. On holidays, we offer a reduced number of classes.</p>						
Schedule last updated: October 6th, 2017						

GROUP FITNESS CLASS DESCRIPTIONS



ATHLETIC STEP

A basic to intermediate step workout combined with athletic movement training for those who are looking for a great cardio and muscle conditioning workout.

CARDIO COMBAT

An aerobic workout using martial arts kicks and punches and combined with constant movement. The result is a rigorous, high intensity workout that can help you burn fat fast, sharpen reflexes, and improve circulation, stamina, endurance and coordination.

CARDIO CORE AQUAFIT

A high level aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

CGC WALKING CLUB

Partnered with Walkabout Heart & Stroke. Tired of walking alone? Join our walking club on our beautiful indoor track. Nordic poles and instruction are available to you for this program that will help you lose weight, improve posture, lower the risk of type two diabetes, and improve cardiovascular health. Our club will track your progress while you meet others, stay motivated and active for life.

COMBO AQUAFIT

A moderate to high level aerobic workout conducted in both shallow and deep water. Challenge your cardiovascular system and core with travelling, build muscle and tone during the strength section to improve your overall fitness

CORE

Get ready for a core work that will challenge your fitness level. We will focus on the muscles surrounding your core to strengthen your entire body. Tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes.

DANCE FUSION

Wake up and dance! This dance based fitness class is a fusion of all styles of dance including Zumba, Hip Hip, Urban Funk and Soul. This class gives people permission and space to be authentic and dance THEIR DANCE! Everyone is made to dance. Join us for the best exercise in disguise. Get fit, have fun and rock out!

DEEP AQUAFIT

An aerobic workout in deep water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

FIT FOR LIFE

Get energized and conditioned for life. This is a full body conditioning class designed for the older adult or those with some limitations.

FOREVER STRONG

This class will implement classes on and with the chair for those beginner exercisers as well as members who like a no- or low-impact workout. Our certified instructor will lead you through an hour of cardiovascular, and muscle conditioning, and balance workout. Suitable for all ages and abilities.

GENTLE AQUAFIT

This class is an ideal activity for relieving stiffness and arthritis pain using warm water exercise. It will help to improve your posture, balance, strength, endurance, flexibility, and improve joint movement leading to a healthier lifestyle.

HIIT

(High Intensity Interval Training) will leave you breathless. Incorporate muscular strength power, and cardio intervals in this fast paced class. Multi-level instruction is given so everyone can have the workout best suited for them.

HYDRORIDER

A unique stationary bike class where you pedal while immersed up to your waist in the water. Bikes are adjustable to allow for a wide variety of users. Water shoes are recommended. Sign-in up to 90mins in advance at the Customer Service Desk.

PUMPED

A barbell workout designed to strengthen all your major muscle groups in an inspiring and invigorating setting. This class gets back to basics and uses traditional moves to deliver great results.

SHALLOW AQUAFIT

An aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

SPIN

Drop in and spin, work up a sweat, and have some fun! This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace. Sign-in up to 15mins in advance at the Fitness Centre Desk.

SPIN GOLD *NEW

This new spin class is designed for the older adult. Whether you are new to spin, or an experienced spinner, join our certified instructors Gail and DW for a 45 minute ride listening to great tunes of the past.

TAI CHI

Join Bil and Wai Kim as they guide us through gentle, no-impact movements with proven health benefits, such as improved balance and coordination; increased muscle tone, and reduced stress. This class is suitable for all ages and abilities. Sign-in up to 15mins in advance at the Fitness Centre Desk.

YOGA

Balance both mind and body through a yoga practice designed for both those who are new to yoga or who undergo a more advanced practice. The focus of our Drop-in Yoga is deep awareness and correct postural alignment. Leave this class feeling lighter, less stressed, and more balanced. Sign-in up to 15mins in advance at the Fitness Centre Desk.

YOUTH STRENGTH *For youth ages 12-16*

Learn the best technique to move safely as you build your strength and endurance. This Youth Fitness program will incorporate bodyweight and light resistance to build strong foundations for weight training and sports. Variety of exercise styles will be used every week including basic strength, Tabata, Yoga, and Functional Fitness (TRX, ViPR).

ZUMBA

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

ZUMBA GOLD

ZUMBA!® GOLD modifies the moves and pacing to suit the needs of the active, older participant as well as those just starting their journey to a fit and healthy lifestyle.

ZUMBA KIDS *For youth ages 7-11*

ZUMBA!® KIDS engages children ages 7-11 years old to perform aerobic dance and physical activities to improve their fitness, memory, coordination, and socialization skills. This class will have kid-friendly routines and all the music kids enjoy, like hip-hop, reggaeton, cumbia and more.

Questions or feedback about our Drop-in Fitness Class Schedule? Please contact us at 902.490.2400.