

# WINTER 2018 DROP-IN GROUP FITNESS SCHEDULE | January 2nd-March 25th



| M  | T  | W  | T   | F  | S   | S   |
|--|--|--|---|--|---|---|
| <p><b>SPIN</b><br/>Track   Christina<br/>6am-6:45am</p> <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Jackie<br/>9am-10am</p> <p><b>CARDIO COMBAT</b><br/>Field House   Amber<br/>9:15am-10:15am</p> <p><b>ZUMBA GOLD</b><br/>Dance Studio   Alison<br/>9:30am-10:15am</p> <p><b>DEEP AQUAFIT</b><br/>Competition Pool   Jackie<br/>10am-11am</p> <p><b>FIT FOR LIFE</b><br/>Field House   Carolyn<br/>10:30am-11:30am</p> <p><b>YOGA</b><br/>Fitness Studio 2   Candice<br/>10:30am-11:30am</p> <p><b>HIIT EXPRESS</b><br/>Field House   Lianne<br/>12:10pm-12:50pm</p> <p><b>YOUTH STRENGTH</b><br/><i>For youth ages 12-16</i><br/>Track Starting Blocks   Logan<br/>4pm-4:45pm</p> <p><b>SPIN</b><br/>Track   Julie<br/>5:30pm-6:15pm</p> <p><b>PUMPED</b><br/>Field House   Amanda<br/>6pm-7pm</p> <p><b>SPIN</b><br/>Track   Jim<br/>6:30pm-7:15pm</p> <p><b>ZUMBA</b><br/>Field House   Judy<br/>7pm-8pm</p> | <p><b>YOGA EXPRESS *NEW</b><br/>Fitness Studio 2   Caro<br/>7:00am-7:40am</p> <p><b>CGC WALKING CLUB</b><br/>Track   Erlinda/Melissa<br/>9:15am-10am</p> <p><b>DANCE FUSION</b><br/>Field House   Tracy<br/>9:15am-10:15am</p> <p><b>CARDIO CORE AQUAFIT</b><br/>Competition Pool   Liudmilla<br/>10am-11am</p> <p><b>SPIN GOLD</b><br/>Track   Stewart<br/>10:15am-11am</p> <p><b>FOREVER STRONG</b><br/>Field House   Erlinda/Donna<br/>10:30am-11:30am</p> <p><b>YOGA</b><br/>Fitness Studio 2   Coleen<br/>10:30am-11:30am</p> <p><b>PUMPED EXPRESS</b><br/>Field House   Lianne<br/>12:10pm-12:50pm</p> <p><b>GENTLE AQUAFIT</b><br/>Leisure Pool   Melissa<br/>1pm-1:40pm</p> <p><b>SPIN</b><br/>Track   DW<br/>5:30pm-6:15pm</p> <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Jackie<br/>6pm-6:50pm</p> <p><b>HIIT</b><br/>Field House   Caro<br/>6pm-7pm</p> <p><b>CORE</b><br/>Field House   Caro<br/>7pm-7:30pm</p> <p><b>YOGA</b><br/>Fitness Studio 2   Dennette<br/>7:15pm-8:15pm</p> | <p><b>SPIN</b><br/>Track   Christina<br/>6am-6:45am</p> <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Candice<br/>9am-10am</p> <p><b>PUMPED</b><br/>Field House   Amber<br/>9:15am-10:15am</p> <p><b>ZUMBA GOLD</b><br/>Dance Studio   Alison<br/>9:30am-10:15am</p> <p><b>FIT FOR LIFE</b><br/>Field House   Carolyn<br/>10:30am-11:30am</p> <p><b>YOGA</b><br/>Fitness Studio 2   April<br/>10:30am-11:30am</p> <p><b>DANCE EXPRESS *NEW</b><br/>Field House   Wanda<br/>12:10pm-12:50pm</p> <p><b>PUMPED</b><br/>Field House   Candice<br/>6pm-7pm</p> <p><b>SPIN</b><br/>Track   Sue<br/>6:15pm-7:00pm</p> <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Adele<br/>7pm-7:50pm</p> <p><b>STRONG *NEW</b><br/>Field House   Judy<br/>7pm-8pm</p> | <p><b>YOGA EXPRESS *NEW</b><br/>Fitness Studio 2   Caro<br/>7:00am-7:40am</p> <p><b>YOGA</b><br/>Fitness Studio 2   Caro<br/>9am-10am</p> <p><b>DANCE FUSION</b><br/>Field House   Tracy<br/>9:15am-10:15am</p> <p><b>CGC WALKING CLUB</b><br/>Track   Erlinda/Melissa<br/>9:15am-10am</p> <p><b>CARDIO CORE AQUAFIT</b><br/>Competition Pool   Liudmilla<br/>10am-11am</p> <p><b>SPIN GOLD</b><br/>Track   Melissa<br/>10:15am-11am</p> <p><b>TAI CHI</b><br/>Fitness Studio 2   Bil/ Wai Kam<br/>10:30am-11:30am</p> <p><b>FOREVER STRONG</b><br/>Field House   Erlinda/Sue<br/>10:30am-11:30am</p> <p><b>COMBAT EXPRESS</b><br/>Field House   Lianne or Candice<br/>12:10pm-12:50pm</p> <p><b>GENTLE AQUAFIT</b><br/>Leisure Pool   Melissa<br/>1pm-1:40pm</p> <p><b>SPIN</b><br/>Track   Stewart<br/>5:30pm-6:15pm</p> <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Jackie<br/>6pm-6:50pm</p> <p><b>ATHLETIC STEP</b><br/>Field House   Nancy<br/>6pm-7pm</p> <p><b>CORE *NEW TIME</b><br/>Field House   Nancy<br/>7:00pm-7:30pm</p> <p><b>YOGA</b><br/>Fitness Studio 2   Dave<br/>7:15pm-8:15pm</p> | <p><b>SHALLOW AQUAFIT</b><br/>Competition Pool   Candice<br/>9am-10am</p> <p><b>HIIT</b><br/>Field House   Caro<br/>9:15am-10:15am</p> <p><b>YOGA *NEW</b><br/>Fitness Studio 2   Dennette<br/>9:30am-10:15am</p> <p><b>ZUMBA GOLD</b><br/>Dance Studio   Alison<br/>9:30am-10:15am</p> <p><b>FIT FOR LIFE</b><br/>Field House   Carolyn<br/>10:30am-11:30am</p> <p><b>YOGA</b><br/>Fitness Studio 2   Dennette<br/>10:30am-11:30am</p> <p><b>COMBO AQUAFIT</b><br/>Competition Pool   Linda<br/>11am-11:50am</p> <p><b>YOGA EXPRESS *NEW</b><br/>Fitness Studio 2   Caro<br/>12:10pm-12:50pm</p> <p><b>SPIN</b><br/>Track   Jim<br/>5:30pm-6:15pm</p> | <p><b>HYDRORIDER</b><br/>Competition Pool   Jacob<br/>8am-8:45am</p> <p><b>CGC KIDS DANCE *NEW</b><br/><i>For youth ages 6-11</i><br/>Dance Studio   Amanda<br/>9am-9:45am</p> <p><b>SPIN</b><br/>Track   Jim<br/>9am-10am</p> <p><b>HIIT</b><br/>Field House   Nancy<br/>9:15am-10:15am</p> <p><b>ZUMBA</b><br/>Field House   Amanda<br/>10:30am-11:30am</p> | <p><b>SPIN</b><br/>Track   Alison<br/>9am-9:45am</p> <p><b>CARDIO COMBAT</b><br/>Field House   Amber<br/>10am-11am</p> <p><b>DEEP AQUAFIT</b><br/>Competition Pool   Jackie<br/>6pm-7pm</p> <p><b>YOGA</b><br/>Fitness Studio 2   Natalie<br/>7pm-8pm</p> |
| <b>GROUP FITNESS CLASSES</b>   |  |  |   |  |   |   |
| <p>All drop-in classes are free to members or covered by your day pass fees. We encourage participants to arrive early for classes and late entry to yoga classes will not be permitted. Cards for <b>Yoga, Spin</b> and <b>Tai Chi</b> classes are available 15 minutes prior to class start time at the Fitness Centre Desk. <b>New participants are encouraged to arrive early to meet your instructor, request modifications as needed, and set up with the proper equipment.</b></p> <p>Hydrorider sign-in sheet available at the Customer Service Desk.</p>  |  |  |   |  |   |   |
| <b>AGE REQUIREMENTS</b>  |  |  |   |  |   |   |
| <p>Youth <b>ages 12 years of age or older</b> 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. <b>Please note:</b> Children ages 7 &amp; 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>   |  |  |   |  |   |   |
| <b>CLASS CANCELLATIONS</b>   |  |  |   |  |   |   |
| <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 <a href="http://www.canadagamescentre.ca">www.canadagamescentre.ca</a>. On holidays, we offer a reduced number of classes.</p>   |  |  |   |  |   |   |
| <b>Schedule last updated: January 18th, 2018</b>   |  |  |   |  |   |   |

# 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 KIDS DANCE *For youth ages 6-11*

CGC KIDS DANCE engages children ages 6-11 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.

## 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/DANCE EXPRESS

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

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

## STRONG

Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

## 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.

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