

SPRING 2018 DROP-IN GROUP FITNESS SCHEDULE | March 26th-June 24th

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>YOGA Fitness Studio 2 Kathryn 9:30am-10:15am</p> <p>ZUMBA GOLD 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 Candice 10:30am-11:30am</p> <p>SPIN EXPRESS Track George 11:30am-12:15pm</p> <p>HIIT EXPRESS Dance Studio Lianne 12:10pm-12:50pm</p> <p>YOUTH STRENGTH <i>For youth ages 12-16</i> Fitness Centre Logan 5pm-5:45pm</p> <p>SPIN Track Julie 5:30pm-6:15pm</p> <p>PUMPED Field House Amanda 6pm-7pm</p> <p>SPIN* Track Jim 6:30pm-7:15pm</p> <p>ZUMBA Field House Judy 7pm-8pm</p>	<p>YOGA EXPRESS Fitness Studio 2 Anne 7:00am-7:40am</p> <p>CGC WALKING CLUB Track Gail 9:15am-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 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 EXPRESS Field House Lianne 12:10pm-12:50pm</p> <p>GENTLE AQUAFIT Leisure Pool Melissa 1pm-1:40pm</p> <p>SPIN* Track DW 5:30pm-6:15pm</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>HIIT Field House Tara 6pm-7pm</p> <p>CORE Field House Tara 7pm-7:30pm</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 April 10:30am-11:30am</p> <p>SPIN EXPRESS Track George 11:30am-12:15pm</p> <p>DANCE EXPRESS Dance Studio Wanda 12:10pm-12:50pm</p> <p>YOUTH SPORT *NEW <i>For youth ages 12-16</i> Fitness Centre Logan 5pm-6pm <i>Starts April 11th</i></p> <p>PUMPED Field House Amanda 6pm-7pm</p> <p>SPIN Track Sue 6:15pm-7:00pm</p> <p>SHALLOW AQUAFIT Competition Pool Adele 7pm-7:50pm</p> <p>STRONG Field House Judy 7pm-8pm</p>	<p>YOGA EXPRESS Fitness Studio 2 Anne 7:00am-7:40am</p> <p>YOGA Fitness Studio 2 Caro 9am-10am</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am</p> <p>CGC WALKING CLUB Track Gail 9:15am-10am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-11am</p> <p>SPIN GOLD* Track Melissa 10:15am-11am</p> <p>TAI CHI Fitness Studio 2 Bil/ Wai Kam 10:30am-11:30am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>REST & RELAXATION <i>*NEW</i> Fitness Studio 2 11:45am-12:30pm</p> <p>COMBAT EXPRESS Dance Studio Lianne 12:10pm-12:50pm</p> <p>GENTLE AQUAFIT Leisure Pool Melissa 1pm-1:40pm</p> <p>SPIN Track Sarah 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 Field House Nancy 7:00pm-7:30pm</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 Amber 9:15am-10:15am</p> <p>YOGA Fitness Studio 2 Dennette 9:30am-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 Dennette 10:30am-11:30am</p> <p>COMBO AQUAFIT Competition Pool Katelyn 11am-11:50am</p> <p>YOGA EXPRESS Fitness Studio 2 Anne 12:10pm-12:50pm</p> <p>STRONG *NEW Dance Studio Wanda 12pm-1pm <i>Starts April 6th</i></p> <p>SPIN* Track Jim 5:30pm-6:15pm</p>	<p>HYDRORIDER Competition Pool Jacob 8am-8:45am</p> <p>CGC KIDS DANCE <i>For youth ages 6-11</i> Dance Studio Amanda 9am-9:45am</p> <p>SPIN* Track Jim 9:15am-10:15am</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 8am-8:45am</p> <p>SPIN Track Alison 9am-9:45am</p> <p>CARDIO COMBAT Field House Amber 10am-11am</p> <p>DEEP AQUAFIT Competition Pool Jackie 6pm-7pm</p> <p>PUMPED *NEW Field House Christina 6pm-7pm <i>Starts April 8th</i></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 and late entry to yoga classes will not be permitted.</p> <p>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> <p>*Accessible Spin Classes – Instructors will use verbal cues to describe each exercise and technique and help get you familiar with the spin bike, getting on and off the bike safely and how to adjust the tension.</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. 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: May 16th, 2018						

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 proper form of knees, punches and kicks, for 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 will have kid-friendly routines and engages children ages 6-11 years old to perform aerobic dance and physical activities to improve their fitness, memory, coordination, and socialization skills.

CGC WALKING CLUB

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

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

CORE

Get ready for a core work that will challenge your fitness level. Tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes.

DANCE FUSION/DANCE EXPRESS

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!

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

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.

REST & RELAXATION

Stop by for a quiet place to rest, reflect, relax and recharge. A 10-minute guided meditation will play at noon. This is non-supervised, but mats and chairs are provided.

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.

SPIN GOLD

This 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.

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.

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.

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 less stressed, and more balanced.

YOUTH SPORT *For youth ages 12-16*

Youth in all sports need strength training and conditioning to play injury-free and to their best abilities. Work with a Strength and Conditioning Specialist (NSCA) to practice movement quality, speed training, agility and reaction drills, strength, power and anaerobic-stamina.

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.

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.

AGE REQUIREMENTS

Youth **ages 12 years of age or older** may attend group fitness classes.

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.

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.

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