

# WINTER 2019 DROP-IN GROUP FITNESS SCHEDULE | January 7th-March 31st



M	T	W	T	F	S	S
<p><b>SPIN</b> Track   Christina 6am-6:45am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Julie 9am-9:50am</p> <p><b>SPIN*</b> Track   George 9am-10am</p> <p><b>CARDIO COMBAT</b> Field House   Amber 9:15am-10:15am</p> <p><b>YOGA</b> Fitness Studio 2   Kathryn 9:30am-10:15am</p> <p><b>ZUMBA® GOLD</b> Dance Studio   Alison 9:30am-10:15am</p> <p><b>DEEP AQUAFIT</b> Competition Pool   Jackie 10am-10:50am</p> <p><b>FIT FOR LIFE*</b> Field House   Carolyn 10:30am-11:30am</p> <p><b>YOGA*</b> Fitness Studio 2   Candice 10:30am-11:30am</p> <p><b>HIIT EXPRESS</b> Field House Alcove   Lianne 12:10pm-12:55pm</p> <p><b>PUMPED*</b> Field House   Lianne 6pm-6:55pm</p> <p><b>SPIN</b> Track   Leon 6pm-6:45pm</p> <p><b>ZUMBA®*</b> Field House   Judy 7pm-8pm</p>	<p><b>AQUA-STEP NEW</b> Competition Pool   Liudmilla 9am-9:45am</p> <p><b>CGC WALKING CLUB</b> Track   Aprill 9:15am-10am</p> <p><b>DANCE FUSION</b> Field House   Tracy 9:15am-10:15am</p> <p><b>CARDIO CORE AQUAFIT</b> Competition Pool   Liudmilla 10am-10:50am</p> <p><b>SPIN GOLD*</b> Track   Charly 10:15am-11am</p> <p><b>FOREVER STRONG</b> Field House   Aprill 10:30am-11:30am</p> <p><b>YOGA*</b> Fitness Studio 2   Coleen 10:30am-11:30am</p> <p><b>PUMPED EXPRESS*</b> Field House   Lianne 12:10pm-12:55 pm</p> <p><b>GENTLE AQUAFIT*</b> Leisure Pool   Linda B 1pm-1:40pm</p> <p><b>SPIN</b> Track   Leon 5:30pm-6:15pm</p> <p><b>HIIT</b> Field House   Tara 6pm-6:55pm</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Jackie 6pm-6:50pm</p> <p><b>CORE*</b> Field House   Tara 7pm-7:30pm</p> <p><b>YOGA*</b> Fitness Studio 2   Dennette 7:15pm-8:15pm</p>	<p><b>SPIN</b> Track   Christina 6am-6:45am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Katelyn 9am-9:50am</p> <p><b>SPIN*</b> Track   George 9am-10am</p> <p><b>PUMPED*</b> Field House   Amber 9:15am-10:15am</p> <p><b>YOGA</b> Fitness Studio 2   Aprill 9:30am-10:15am</p> <p><b>ZUMBA® GOLD</b> Dance Studio   Alison 9:30am-10:15am</p> <p><b>FIT FOR LIFE*</b> Field House   Carolyn 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Aprill 10:30am-11:30am</p> <p><b>TUNE-UP &amp; TONE EXPRESS* NEW</b> Field House   Wanda 12:10am-12:55pm</p> <p><b>PUMPED*</b> Field House   Amanda 6pm-6:55pm</p> <p><b>SPIN*</b> Track   Julie L 6:15pm-7pm</p> <p><b>PLYO PLUS NEW</b> Field House   Anne 7pm-7:55 pm</p> <p><b>SHALLOW AQUAFIT*</b> Competition Pool   Adele 7:30pm-8:20pm</p>	<p><b>AQUA-HIIT NEW</b> Competition Pool   Amber 9am-9:45am</p> <p><b>CGC WALKING CLUB</b> Track   Emily 9:15am-10am</p> <p><b>DANCE FUSION</b> Field House   Tracy 9:15am-10:15am</p> <p><b>YOGA*</b> Fitness Studio 2   Steve 9:15am-10:15am</p> <p><b>CARDIO CORE AQUAFIT</b> Competition Pool   Liudmilla 10am-10:50am</p> <p><b>SPIN GOLD</b> Track   Stewart 10:15am-11am</p> <p><b>FOREVER STRONG*</b> Field House   Wanda 10:30am-11:30am</p> <p><b>TAI CHI</b> Fitness Studio 2   Bil/Wai Kam 10:30am-11:30am</p> <p><b>COMBAT EXPRESS</b> Field House Alcove   Lianne 12:10pm-12:55pm</p> <p><b>GENTLE AQUAFIT*</b> Leisure Pool   Linda B 1pm-1:40pm</p> <p><b>SPIN*</b> Track   Anne 5:30pm-6:15pm</p> <p><b>ATHLETIC STEP</b> Field House   Nancy 6pm-6:55pm</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Jackie 6pm-6:50pm</p> <p><b>CORE</b> Field House   Nancy 7pm-7:30pm</p> <p><b>YOGA*</b> Fitness Studio 2   Anne 7:15pm-8:15pm</p>	<p><b>SHALLOW AQUAFIT*</b> Competition Pool   Candice 9am-9:50am</p> <p><b>SPIN*</b> Track   George 9am-10am</p> <p><b>HIIT</b> Field House   Amber 9:15am-10:15am</p> <p><b>YOGA*</b> Fitness Studio 2   Dennette 9:30am-10:15am</p> <p><b>ZUMBA® GOLD</b> Dance Studio   Alison 9:30am-10:15am</p> <p><b>FIT FOR LIFE*</b> Field House   Carolyn 10:30am-11:30am</p> <p><b>YOGA*</b> Fitness Studio 2   Dennette 10:30am-11:30am</p> <p><b>COMBO AQUAFIT</b> Competition Pool   Katelyn 11am-11:50am</p> <p><b>STRONG 45 EXPRESS*</b> Dance Studio   Wanda 12:10pm-12:55pm</p> <p><b>YOGA EXPRESS*</b> Fitness Studio 2   Amber 12:10pm-12:55pm</p> <p><b>SPIN</b> Track   Leon 5:30pm-6:15pm</p> <p><b>PLYO PLUS NEW</b> Field House   Anne 6pm-6:55pm</p>	<p><b>HYDRORIDER</b> Competition Pool   George 8am-8:45am</p> <p><b>HIIT</b> Field House   Nancy 9:15am-10:15am</p> <p><b>SPIN*</b> Track   Margaret 9:15am-10:15am</p> <p><b>ZUMBA®*</b> Field House   Amanda 10:30am-11:30am</p> <p><b>YOGA* NEW</b> Fitness Studio 2   Candice 10:30am-11:30am</p>	<p><b>SPIN</b> Track   Alison 8am-8:45am</p> <p><b>SPIN</b> Track   Alison 9am-9:45am</p> <p><b>CARDIO COMBAT</b> Field House   Amber/Leslie 10am-11am</p> <p><b>DEEP AQUAFIT</b> Competition Pool   Jackie 6pm-6:50pm</p> <p><b>YOGA</b> Fitness Studio 2   Natalie 7pm-8pm</p>
					<b>Youth Drop-in Fitness Classes</b>	
					Turn me over to get all the details!	
					<b>Group Drop-in Fitness Classes</b>	
					<p>All drop-in classes are free to members or covered by day pass fees for ages 12 years of age or older. We encourage participants to arrive early for classes and late entry to yoga classes will not be permitted.</p> <p>Cards for <b>Yoga</b>, <b>Spin</b>, and <b>Tai Chi</b> are available 15 minutes prior to class start time at the <b>Fitness Centre Desk</b>. Cards for <b>Hydrorider</b> are available 30 minutes before class start time at the <b>Customer Service Desk</b>.</p> <p>New participants are encouraged to <b>arrive early</b> to meet the instructor, get set up with the proper equipment and request modifications as needed.</p> <p><i>*Accessible classes for visual impairment – Instructors are trained to use verbal cues and inclusive language to describe each exercise and your surroundings. Identify yourself and they will be sure you are set up for a safe and effective workout.</i></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. For the most current schedule or to view our <a href="#">Aquatics</a> and <a href="#">Field House/Track</a> schedules, visit <a href="http://www.canadagamescentre.ca">www.canadagamescentre.ca</a>.</p>	
					<b>Schedule last updated: January 7th, 2019</b>	

Drop-in Fitness Classes for Kids (ages 6-11) & Youth (ages 12-16) – free for members or covered by day pass fees!

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
<b>KIDS FIT – SPORT</b> <i>For ages 6-11</i> Track Starting Blocks Emily <b>4:15pm-4:45pm</b>	<b>KIDS FIT – YOGA</b> <i>For ages 6-11</i> Fitness Studio 2 Terrilee <b>4:15pm-4:45pm</b>	<b>KIDS FIT – SPRY</b> <i>For ages 6-11</i> Track Starting Blocks Christine <b>4:15pm-4:45pm</b>	<b>KIDS FIT – SPORT</b> <i>For ages 6-11</i> Track Starting Blocks Josette <b>4:15pm-4:45pm</b>	<b>KIDS/YOUTH FIT – DANCE</b> <i>For ages 6-16</i> Dance Studio Priyanka <b>10:15am-11am</b>	<b>YOUTH FIT – YOGA*</b> <i>For ages 12-16</i> Fitness Studio 2 Anne <b>10am-10:45am</b>
<b>YOUTH FIT – STRENGTH</b> <i>For ages 12-16</i> Track Starting Blocks Emily <b>5pm-5:45pm</b>	<b>YOUTH FIT – YOGA</b> <i>For ages 12-16</i> Fitness Studio 2 Terrilee <b>5pm-5:45pm</b>	<b>YOUTH FIT – SPRY</b> <i>For ages 12-16</i> Track Starting Blocks Christine <b>5pm-5:45pm</b>	<b>YOUTH FIT – SPORT</b> <i>For ages 12-16</i> Track Starting Blocks Josette <b>5pm-5:45pm</b>		<b>KIDS FIT – YOGA*</b> <i>For ages 6-11</i> Fitness Studio 2 Anne <b>11am-11:30am</b>

**ATHLETIC STEP** | All-levels step workout combined with athletic movement training for great cardio and muscle conditioning.

**NEW AQUA-STEP** | Step (or cannonball) into our liquid gym! This workout is in the Competition Pool (shallow end), making use of steps, (and your abdominal muscles!) to work on cardiovascular endurance, muscular strength, stability and balance. Water shoes recommended.

**NEW AQUA-HIIT** | High Intensity Interval Training: Just add water! Aqua HIIT will give you a mix of muscular strength, power, and cardiovascular training by alternating periods of hard work and recovery. Multi-level instruction is given so everyone can have the workout best suited for them.

**CARDIO COMBAT** | A rigorous, high intensity aerobic workout using knees, punches and kicks that can help burn fat fast, sharpen reflexes, and improve circulation, stamina, endurance and coordination.

**CARDIO CORE AQUAFIT** | Challenge your cardiovascular and muscular systems in this dynamic shallow-water workout, with an extra focus on your core.

**CGC WALKING CLUB** | Nordic poles (optional) are used while you walk the track, meet new people, and get your steps in for the day. Our instructors will motivate, challenge, and adapt this class with drills and cues for all ability levels. Signs and symptoms may include: improved posture, health, and energy.

**COMBO AQUAFIT** | Combines shallow and deep water exercises to challenge your cardiovascular system and improve strength.

**CORE** | Get ready for a core workout that will challenge your fitness level in just 30 minutes! Tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes.

**DANCE FUSION** | Dance-based fitness class – including a fusion of Zumba, Hip Hop, Urban Funk and Soul. This class gives people permission and space to be authentic and dance their own dance!

**DEEP AQUAFIT** | Challenge your full body with this cardiovascular and strength training workout in deep water. Belts are provided.

**FIT FOR LIFE** | Get energized and conditioned for life. Our certified instructors will lead you through an hour of cardiovascular, balance and muscle conditioning exercises, with stretches too! This full body conditioning class is for the older adult or those with some limitations.

**FOREVER STRONG** | Fight back against Father Time with this strength-based muscle conditioning class. No matter what your age or ability level, this moderate intensity class will help to get you strong from head to toe using bands, weights, and body weight.

**GENTLE AQUAFIT** | An ideal activity for relieving stiffness and arthritis pain using warm water exercise. This class will help improve posture, balance, strength, endurance, flexibility, and joint movement.

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

**HYDRORIDER** | This unique stationary bike class (Fixie gear) has you immersed up to your waist in the water. Bike fit is adjustable, but gears are not, instead using the water as a primary means of resistance. Water shoes or socks are strongly recommended. Drop-in Card required due to limited bikes.

**KIDS FIT – SPORT** | Focus on variety in this class. Sport and functional movement skills are introduced, with different themes. Everything from rolling to throwing, jumping and kicking will be broken down into easy to learn fundamental movement patterns for children.

**KIDS FIT - SPRY** | Using obstacle courses, games and movements that require fine-motor control, this makes for a fun class aimed at improving agility and body awareness in your developing kiddos.

**KIDS FIT - YOGA** | Learn and practice yoga in a playful atmosphere. Kids are introduced to new ways to move, breathe and relax. Sing-alongs, stories and animal names make yoga accessible for children.

**NEW PLYO PLUS** | Get your heart pumping with a HIIT-style combination of plyometrics (explosive power exercises) and calisthenics (stabilizing exercises). This total body workout uses minimal equipment to improve cardiovascular and anaerobic fitness, with an emphasis on core strength and endurance.

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

**SHALLOW AQUAFIT** | Challenge your full body with this cardiovascular and strength training workout in shallow water.

**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** | Whether you are new to spin or an experienced spinner, join our certified instructors for a 45-minute ride – designed for the older adult.

**NEW TUNE-UP & TONE EXPRESS** | This 45-minute, moderate intensity class will focus on increasing your heart rate, strengthening muscles, and stretching out from head to toe. Class uses a combo of aerobics, hand weights and bands to target core muscles and improve posture with a great soundtrack to keep you motivated.

**STRONG/STRONG 45 BY ZUMBA®** | Stop counting the reps and 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. Join us at lunch for a **NEW** 45 minute version of this amazing workout!

**TAI CHI** | Join Bil and Wai Kam as they guide you through gentle, low impact movements which can improve balance, coordination, and reduce stress. Class is suitable for all ages and abilities.

**YOGA** | Balance mind and body through a yoga practice that is accessible to beginners, yet has challenging options for more seasoned yogis + yoginis. Stretch, breathe, and take what you need in order to leave this class feeling less stressed and more balanced.

**KIDS/YOUTH FIT – DANCE** | Bring a friend or two and come dance your cares away! This this 45-minute class allows you to try a variety of dance moves and light choreography inspired by Jazz, Ballet, Hip-Hop, Bollywood and much more!

**YOUTH FIT – SPORT** | This cross-training fitness class will focus on exposing youth to a variety of movement skills. Expect to try cardiovascular conditioning, speed training, agility and reaction drills designed to enhance power and anaerobic-stamina.

**YOUTH FIT – SPRY** | Using circuits and practicing movements that require fine-motor control skills makes for a fun class aimed at improving agility and body awareness in maturing youth. No experience necessary.

**YOUTH FIT – STRENGTH** | Learn the best technique to move safely as you build strength and endurance. This class will incorporate bodyweight and light resistance to build strong foundations for weight training and sports.

**YOUTH FIT – YOGA** | Learn and practice yoga in a relaxed atmosphere. You are introduced to new ways to move, breathe and think, focusing on mindfulness. This class is intended to introduce age appropriate yoga principles to anyone, regardless of experience.

**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.