

FALL 2019 DROP-IN GROUP FITNESS SCHEDULE | September 9th-December 22nd



M	T	W	T	F	S	S
<p>SPIN Track Christina 6am-6:50am</p> <p>SHALLOW AQUAFIT Competition Pool Julie 9am-9:50am</p> <p>SPIN* Track George 9am-10am</p> <p>CARDIO COMBAT Field House Amber 9:15am-10:15am</p> <p>YOGA Fitness Studio 2 Caroline 9:30am-10:15am</p> <p>ZUMBA® GOLD Dance Studio Alison 9:30am-10:15am</p> <p>DEEP AQUAFIT Competition Pool 10am-10:50am</p> <p>FIT FOR LIFE* Field House Gail 10:30am-11:30am</p> <p>YOGA* Fitness Studio 2 Caroline 10:30am-11:30am</p> <p>HIIT EXPRESS Field House Lianne 12:10pm-12:55pm</p> <p>PUMPED* Field House Lianne 6pm-6:55pm</p> <p>SPIN* Track Jim 6pm-6:45pm</p> <p>ZUMBA® * Field House Judy 7pm-8pm</p>	<p>AQUA HIIT NEW Competition Pool Dawn-Lea 9am-9:45am</p> <p>CGC WALKING CLUB Track Gail 9:15am-10am</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am</p> <p>ADAPTIVE YOGA* NEW Fitness Studio 2 Candice 9:30am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-10:50am</p> <p>SPIN GOLD* Track Gail/Stewart 10:15am-11am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>YOGA* Fitness Studio 2 Candice 10:30am-11:30am</p> <p>PUMPED EXPRESS* Field House Lianne 12:10pm-12:55 pm</p> <p>GENTLE AQUAFIT* Leisure Pool Linda B 1pm-1:45pm</p> <p>SPIN Track Jim 5:30pm-6:15pm</p> <p>HIIT Field House Allison K 6pm-6:55pm</p> <p>SHALLOW AQUAFIT Competition Pool 6pm-6:50pm</p> <p>CORE Field House Allison K 7pm-7:30pm</p> <p>YOGA* Fitness Studio 2 Dennette 7:15pm-8:15pm</p>	<p>SPIN Track Christina 6am-6:50am</p> <p>SHALLOW AQUAFIT Competition Pool Dawn-Lea 9am-9:50am</p> <p>SPIN* Track George 9am-10am</p> <p>PUMPED* Field House Amber 9:15am-10:15am</p> <p>YOGA Fitness Studio 2 Terri R 9:30am-10:15am</p> <p>ZUMBA® GOLD Dance Studio Alison 9:30am-10:15am</p> <p>COMBO AQUAFIT NEW Competition Pool Dawn-Lea 10am-10:50am</p> <p>FIT FOR LIFE* Field House Gail 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Terri R 10:30am-11:30am</p> <p>SPIN EXPRESS 30 Track Jill 12:10pm-12:40pm</p> <p>AQUA YOGA NEW Leisure Pool Candice 1:30pm-2:25pm</p> <p>PUMPED* Field House Amanda 6pm-6:55pm</p> <p>SPIN* Track Julie L 6:15pm-7pm</p> <p>DANCE FUSION Field House Amanda 7pm-7:55 pm</p> <p>COMBO AQUAFIT Competition Pool Adele 7:30pm-8:20pm</p>	<p>AQUA HIIT Competition Pool Amber 9am-9:45am</p> <p>CGC WALKING CLUB Track Gail 9:15am-10am</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am</p> <p>YOGA* Fitness Studio 2 Steve 9:15am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-10:50 am</p> <p>SPIN GOLD* Track Charly 10:15am-11am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>TAI CHI FUSION Fitness Studio 2 Bil/Wai Kam 10:30am-11:30am</p> <p>COMBAT EXPRESS Field House Lianne 12:10pm-12:55pm</p> <p>GENTLE AQUAFIT* Leisure Pool Linda B 1pm-1:45pm</p> <p>SPIN* Track Anne 5:30pm-6:15pm</p> <p>ATHLETIC STEP Field House Mahshid 6pm-6:55pm</p> <p>SHALLOW AQUAFIT Competition Pool 6pm-6:50pm</p> <p>CORE Field House Mahshid 7pm-7:30pm</p> <p>YOGA* Fitness Studio 2 Anne 7:15pm-8:15pm</p>	<p>SPIN NEW Track Jill 6am-6:50am</p> <p>SHALLOW AQUAFIT Competition Pool Joanne 9am-9:50 am</p> <p>SPIN* Track George 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>COMBO AQUAFIT NEW TIME Competition Pool 10am-10:50am</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>YOGA EXPRESS Fitness Studio 2 Priyanka 12:10pm-12:50pm</p> <p>ZUMBA® EXPRESS Dance Studio Wanda 12:10pm-12:55pm</p> <p>SPIN* Track Jim 5:30pm-6:15pm</p>	<p>HYDRORIDER* Competition Pool Jacob 8am-8:45am</p> <p>HIIT Field House Nancy 9:15am-10:15am</p> <p>SPIN* Track Margaret 9:15am-10:15am</p> <p>YOGA* Fitness Studio 2 Leslie 10:30am-11:30am</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 Leslie/Mahshid 10am-11am</p> <p>DEEP AQUAFIT Competition Pool 6pm-6:50pm</p> <p>YOGA Fitness Studio 2 Natalie 7pm-8pm</p>
Youth Drop-in Fitness Classes						
Turn me over to get all the details!						
Group Drop-in Fitness Classes						
<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 Yoga, Spin, and Tai Chi are available 15 minutes prior to class start time at the Fitness Centre Desk. Cards for Hydrorider are available 30 minutes before class start time at the Customer Service Desk.</p> <p>New participants <i>are</i> encouraged to arrive early to meet the instructor, request modifications as needed, and get set up with the proper equipment.</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 class.</i></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 and Field House/Track schedules, visit www.canadagamescentre.ca.</p>						
Schedule last updated: September 23rd, 2019						

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

Kids ages 6-11 need a parent/ guardian to stick around the building and kids ages 6-7 require a parent /guardian to escort them to/from class.

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
<p>KIDS FIT – SPORT <i>For ages 6-12</i> Track Starting Blocks Dylan 4:15pm-4:45pm</p> <p>YOUTH FIT – STRENGTH <i>For ages 12-16</i> Fitness Centre Dylan 5pm-5:45pm</p>	<p>YOUTH FIT – YOGA <i>For ages 12-16</i> Fitness Studio 2 Terrilee 4:30-5:15pm</p> <p>KIDS FIT – YOGA <i>For ages 6-12</i> Fitness Studio 2 Terrilee 5:15-5:45 pm</p>	<p>YOUTH FIT – SPORT <i>For ages 12-16</i> TRX Alcove Dylan 4:45pm-5:30pm</p> <p>KIDS FIT – SPORT <i>For ages 6-12</i> TRX Alcove Dylan 5:45-6:15pm</p>	<p>YOUTH FIT – SPORT <i>For ages 12-16</i> Track Starting Blocks Dylan 4:15pm-5pm</p> <p>KIDS FIT – SPORT <i>For ages 6-12</i> Track Starting Blocks Dylan 6pm-6:30pm</p>	<p>KIDS FIT – DANCE <i>For ages 6-12</i> Dance Studio Priyanka 10:15am-11am</p>	<p>YOUTH FIT – YOGA <i>For ages 12-16</i> Fitness Studio 2 Caroline 10:15am-11am</p> <p>KIDS FIT – YOGA <i>For ages 6-12</i> Fitness Studio 2 Caroline 11am-11:30am</p>

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

ADAPTIVE YOGA | All-levels, chair-based class for those with injuries, chronic illness, or limited mobility who want to improve their core strength, spinal mobility, balance, and overall flexibility, but are not ready or able to join a regular yoga class.

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.

AQUA YOGA | All-levels yoga that's easy on the body and good for the soul. This low-impact class will help you gain flexibility and balance, while using your own buoyancy as an advantage. Suitable for most non-swimmers, as this class is in a heated, shallow pool. Space is limited due to pool size/depth.

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.

COMBO AQUAFIT | This class allows you to choose shallow or deep water to workout in. Pick your depth and have fun!

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 includes a fusion of Zumba, Hip Hop, Urban Funk and Soul. Choreography that's easy to follow will inspire you to express yourself and be authentic while having a blast in this early morning dance party!

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 fit for life with a mix of cardiovascular, balance and muscle conditioning exercises, + stretches too! This is a full body conditioning class 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 resistance. Water shoes or socks are strongly recommended. **Drop-in Card required due to limited bikes.**

KIDS FIT — DANCE | Bring a friend or two and come dance your cares away! 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!

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 — 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.

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. Multi-level instruction is given so everyone can have the workout best suited for them.

SPIN / SPIN 30 EXPRESS | 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.

TAI CHI FUSION | 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.

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 — 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® 30 EXPRESS | ZUMBA® is a fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature an aerobic combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. All classes are 55 min long, except lunch express, which is 30 minutes only.

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.