

WINTER 2022 DROP-IN GROUP FITNESS SCHEDULE | March 7th-20th



M	T	W	T	F	S	S
<p>CARDIO COMBAT Field House Amber 9:15am-10:15am Max. 65 people</p> <p>SPIN Field House Alcove Nicholas 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Sam 9:15am-10:15am Max. 18 people</p> <p>FIT FOR LIFE Field House Donna 10:30am-11:30am Max. 65 people</p> <p>YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 18 people</p> <p>TAI CHI FUSION Fitness Studio 2 Bill & Wai Kam 11:45am-12:45pm Max. 18 people</p> <p>REBOOT Field House Lisa 5:45pm-6:45pm Max. 65 people</p> <p>SPIN Field House Alcove Anne 6pm-7pm Max. 15 people</p> <p>YOGA Fitness Studio 2 Laura 6pm-7pm Max. 18 people</p> <p>ZUMBA® Field House Wanda/Judy 7pm-7:45pm Max. 65 people</p> <p>YOGA Fitness Studio 2 Raechelle 7:15pm-8:15pm Max. 18 people</p>	<p>SPIN Field House Alcove Christina 6am-7am Max. 15 people</p> <p>DANCE FUSION Field House Tracy 9:15am-10:15am Max. 65 people</p> <p>YOGA Fitness Studio 2 Candice 10:30am-11:30am Max. 18 people</p> <p>ZUMBA® GOLD Field House Alison 10:30am-11:30am Max. 40 people</p> <p>HIIT & CORE Field House Mahshid 5:45pm-6:45pm Max. 65 people</p> <p>SPIN Field House Alcove Alison 6pm-7pm Max. 15 people</p> <p>YOGA Fitness Studio 2 Dennette 7:15pm-8:15pm Max. 18 people</p>	<p>PUMPED Field House Amber 9:15am-10:15am Max. 40 people</p> <p>SPIN Field House Alcove George 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Heatheranne 9:15am-10:15am Max. 18 people</p> <p>FIT FOR LIFE Field House Donna 10:30am-11:30am Max. 65 people</p> <p>YOGA Fitness Studio 2 Candice 10:30am-11:30am Max. 18 people</p> <p>COMBAT 45 Field House Lianne 12:15pm-1pm Max. 40 people</p> <p>PUMPED Field House Lisa 5:45pm-6:45pm Max. 40 people</p> <p>SPIN Field House Alcove Anne 6pm-7pm Max. 15 people</p> <p>DANCE FUSION Field House Amanda 7pm-7:45pm Max. 65 people</p>	<p>DANCE FUSION Field House Tracy 9:15am-10:15am Max. 65 people</p> <p>YOGA Fitness Studio 2 Terri 10:30am-11:30am Max. 18 people</p> <p>ZUMBA® GOLD Field House Alison 10:30am-11:30am Max. 40 people</p> <p>HIIT & CORE Field House Mahshid 5:45pm-6:45pm Max. 65 people</p> <p>SPIN Field House Alcove Alison 6pm-7pm Max. 15 people</p> <p>YOGA Fitness Studio 2 Katelyn 7:15pm-8:15pm Max. 18 people</p>	<p>HIIT Field House Anastasia 9:15am-10:15am Max. 65 people</p> <p>SPIN Field House Alcove Nicholas 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Dennette 9:15am-10:15am Max. 18 people</p> <p>FIT FOR LIFE Field House Donna 10:30am-11:30am Max. 65 people</p> <p>YOGA Fitness Studio 2 Dennette 10:30am-11:30am Max. 18 people</p>	<p>SPIN Field House Alcove Christina 9am-10am Max. 15 people</p> <p>PUMPED Field House Amanda 9:15am-10:15am Max. 40 people</p> <p>YOGA Fitness Studio 2 Reena 10:30am-11:30am Max. 18 people</p> <p>ZUMBA® Field House Amanda 10:45am-11:45am Max. 45 people</p>	<p>SPIN Field House Alcove Anne 9am-10am Max. 15 people</p> <p>CARDIO COMBAT Field House Sam 10am-11am Max. 45 people</p> <p>YOGA Fitness Studio 2 Caroline 10:30am-11:30am Max. 18 people</p> <p>YOGA Fitness Studio 2 Terrilee 6pm-7pm Max. 18 people</p>
Drop-in Group 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.</p> <p>All activities require booking. Activities can be booked online or in-person as early as 7 days in advance and up to the hour before, provided there is still space available. You can also book more than one time slot/day.</p> <p>Come ready to play: Arrive dressed for your workout and bring a full water bottle. Dry Change Rooms available for dryland activities only. Lockers and showers are available. Bring your bag with you to the designated area within your activity space. Max.8 people at any one time to support social distancing and masks must be worn. Max.10mins in the change rooms to support our cleaning protocols.</p> <p>All fitness classes are 45-60 minutes. Late entry to Yoga will not be permitted. Masks can be removed when exercising/directly engaged in physical activity but required at all other times.</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>						
Schedule last updated: February 25th, 2022						

GROUP FITNESS CLASS DESCRIPTIONS

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 | High level aerobic workout in shallow water to challenge your cardiovascular system, build muscle tone and improve overall fitness.

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 energizing dance party!

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.

HIIT | High Intensity Interval Training (HIIT) will get your heart pumping. 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.

HIIT & CORE | High Intensity Interval Training (HIIT) and Core incorporates muscular strength, power, and cardio intervals in this high energy class: now with a bonus core challenge to tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes. Multi-level instruction is given so everyone can have the workout best suited for them.

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.

REBOOT | This class will offer a challenging high results workout without high impact! Safe for everyone to enjoy. We will hit all muscle groups and cardio with 20-25 minutes of HIIT using light weights, body weight and mini bands. The remainder of the class will be non-stop movement through all planes of motion with a focus on hip, lower back and shoulder mobility, functional movements, balance and especially the powerhouse—your core. Movements are inspired by barre, Pilates and yoga.

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.

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.

ZUMBA® | 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.

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.