

SUMMER 2022 DROP-IN GROUP FITNESS SCHEDULE | August 29th-September 4th



M	T	W	T	F	S	S
<p>SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am</p> <p>SPIN Track Nicholas 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Cynthia 9:15am-10:15am Max. 22 people</p> <p>SHALLOW AQUAHIIT Competition Pool Naoko 10:15am-11:05am</p> <p>FIT FOR LIFE Track Starting Blocks Donna 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people</p> <p>TAI CHI FUSION Fitness Studio 2 Bill & Wai Kam 11:45am-12:45pm Max. 22 people</p> <p>REBOOT Track Starting Blocks Lisa 5:45pm-6:45pm</p> <p>SPIN Track Anne 6pm-7pm Max. 15 people</p> <p>YOGA Fitness Studio 2 Laura 6pm-7pm Max. 22 people</p> <p>ZUMBA® Track Starting Blocks Wanda/Judy 7pm-7:45pm</p> <p>YOGA Fitness Studio 2 Reena 7:15pm-8:15pm Max. 22 people</p>	<p>SPIN Track Christina 6am-7am Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Liudmilla 9am-9:50am</p> <p>DANCE FUSION Track Starting Blocks Tracy 9:15am-10:15am</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 10:15am-11:05am</p> <p>YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people</p> <p>ZUMBA® GOLD Track Starting Blocks Alison 10:30am-11:30am</p> <p>GENTLE AQUAFIT Leisure Pool Naoko 12pm-12:50pm</p> <p>CHAIRFIT FOR OLDER ADULTS Track Gail 1:30pm-2:30pm</p> <p>HIIT & CORE Track Starting Blocks Mahshid 5:45pm-6:45pm</p> <p>SPIN Track Alison 6pm-7pm Max. 15 people</p> <p>SHALLOW AQUAHIIT Competition Pool Raelene 6:45pm-7:35pm</p> <p>YOGA Fitness Studio 2 Denette 7:15pm-8:15pm Max. 22 people</p>	<p>AQUA YOGA Leisure Pool Laura 8am-8:50am</p> <p>SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am</p> <p>SPIN Track George 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Heatheranne 9:15am-10:15am Max. 22 people</p> <p>SHALLOW AQUAFIT Competition Pool Joanne 10:15am-11:05am</p> <p>FIT FOR LIFE Track Starting Blocks Donna 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Cynthia 10:30am-11:30am Max. 22 people</p> <p>COMBAT 45 Track Starting Blocks Donna 12:15pm-1pm</p> <p>PUMPED Track Starting Blocks Lisa 5:45pm-6:45pm</p> <p>SPIN Track Anne 6pm-7pm Max. 15 people</p> <p>AQUA DANCE Competition Pool Calvin 6:45pm-7:35pm</p> <p>DANCE FUSION Track Starting Blocks Amanda 7pm-7:45pm</p>	<p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 9am-9:50am</p> <p>DANCE FUSION Track Starting Blocks Mayu 9:15am-10:15am</p> <p>SHALLOW AQUAFIT Competition Pool Naoko 10:15am-11:05am</p> <p>YOGA Fitness Studio 2 Terri 10:30am-11:30am Max. 22 people</p> <p>ZUMBA® GOLD Track Starting Blocks Alison 10:30am-11:30am</p> <p>GENTLE AQUAFIT Leisure Pool Donna 12pm-12:50pm</p> <p>HIIT & CORE Track Starting Blocks Mahshid 5:45pm-6:45pm</p> <p>SPIN Track Alison 6pm-7pm Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Mandy 6:45pm-7:35pm</p> <p>YOGA Fitness Studio 2 Raechelle 7:15pm-8:15pm Max. 22 people</p>	<p>SHALLOW AQUAFIT Competition Pool Jackie 9am-9:50am</p> <p>SPIN Classroom Nicholas 9:15am-10:15am Max. 10 people</p> <p>YOGA Fitness Studio 2 Denette 9:15am-10:15am Max. 22 people</p> <p>SHALLOW AQUAHIIT Competition Pool Lianne 10:15am-11:05am</p> <p>YOGA Fitness Studio 2 Denette 10:30am-11:30am Max. 22 people</p>	<p>SPIN Track Christina 9am-10am Max. 15 people</p> <p>PUMPED Track Starting Blocks Amanda 9:15am-10:15am</p> <p>YOGA Fitness Studio 2 Reena 10:30am-11:30am Max. 22 people</p> <p>ZUMBA® Track Starting Blocks Amanda 10:30am-11:30am</p>	<p>SPIN Track Anne 9am-10am Max. 15 people</p> <p>YOGA Fitness Studio 2 Jan 10:30am-11:30am Max. 22 people</p> <p>YOGA Fitness Studio 2 Terrilee 6pm-7pm Max. 22 people</p>
					<h2>Drop-in Group Fitness Classes</h2> <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>CGC Members can book Spin, Tai Chi & Yoga classes up to 3 days in advance (online through MyRec or in-person at the Customer Service Desk). Non-members and 10 Punch Pass holders can book day-of at the Customer Service Desk. New to MyRec? See our How-To's. Can't make your class anymore? Please cancel your spot in MyRec.</p> <p>New participants are encouraged to arrive early to meet the instructor, request modifications as needed, and get set up with the proper equipment.</p> <p>All fitness classes are 45-60 minutes. Late entry to Yoga classes will not be permitted.</p>	
					<h2>Class Cancellations</h2> <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>Schedule last updated: August 19th, 2022</p>	

GROUP FITNESS CLASS DESCRIPTIONS

AQUA DANCE | Liven up your workout week with Aqua Dance. We are bringing the party to the pool with this invigorating, high energy class! No experience necessary.

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

CHAIRFIT FOR OLDER ADULTS | This enjoyable class, set to music, will provide a full body workout using a sturdy chair both seated and standing. Hand weights, resistance bands & balls will be used. Walking on the track will also be included & Nordic Walking poles can be incorporated. The benefits of this class for older adults include better posture, balance, flexibility, fall prevention, muscle strength, increased cardio-pulmonary fitness, less stiffness in joints & elevated mood. All exercises can be modified to accommodate individual needs.

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!

DEEP AQUAFIT | Aerobic deep water workout to challenge your cardiovascular system, tone muscles and improve fitness.

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

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 leading to a healthier lifestyle.

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.

SHALLOW AQUAFIT | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.

SHALLOW AQUAHIIT | 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.

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.