

# SPRING 2024 DROP-IN GROUP FITNESS SCHEDULE | April 1st–June 30th



M	T	W	T	F	S	S
<p><b>BOOTCAMP</b> Field House   Connie 6am-7am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Naoko 9am-9:50am</p> <p><b>CARDIO COMBAT</b> Field House   Lianne 9:15am-10:15am</p> <p><b>SPIN</b> Track   Nicholas 9:15am-10:15am Max. 15 people</p> <p><b>YOGA</b> Fitness Studio 2   Taylor 9:15am-10:15am Max. 22 people</p> <p><b>SHALLOW AQUAHIIT</b> Competition Pool   Naoko 10:15am-11:05am</p> <p><b>FIT FOR LIFE</b> Field House   Donna 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Taylor 10:30am-11:30am Max. 22 people</p> <p><b>TAI CHI FUSION</b> Fitness Studio 2 Bill &amp; Wai Kam 11:45am-12:45pm Max. 22 people</p> <p><b>AQUA YOGA</b> Leisure Pool   Laura 1pm-1:50pm</p> <p><b>CHAIR YOGA</b> Fitness Studio 2   Shaya 1:30pm-2:30pm</p> <p><b>HIIT &amp; CORE</b> Field House   Veronika 5:45pm-6:45pm</p> <p><b>PUMPED</b> Field House   Amanda 5:45pm-6:45pm</p> <p><b>SPIN</b> Track   Anne 6pm-7pm   Max. 15 people</p> <p><b>YOGA</b> Fitness Studio 2   Summer 6pm-7pm   Max. 22 people</p> <p><b>ZUMBA®</b> Field House   Wanda 7pm-7:50pm</p> <p><b>YOGA</b> Fitness Studio 2   Summer 7:15pm-8:15pm Max. 22 people</p>	<p><b>NEW! RAMP UP &amp; RECOVER!</b> Track   Candice 6am-6:50am</p> <p><b>SPIN</b> Track   Christina 6am-7am Max. 15 people</p> <p><b>SHALLOW AQUAPUMPED</b> Competition Pool Liudmilla 9am-9:50am</p> <p><b>ZUMBA®</b> Field House   Judy 9:15am-10:15am</p> <p><b>DEEP AQUAFIT</b> Competition Pool Jackie 10:15am-11:05am</p> <p><b>FIT FOR LIFE</b> Field House   Judy 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Taylor 10:30am-11:30am Max. 22 people</p> <p><b>GENTLE AQUAFIT</b> Leisure Pool   Veronika 1pm-1:50pm</p> <p><b>CHAIRFIT FOR OLDER ADULTS</b> Track   Dylan 1:30pm-2:30pm</p> <p><b>HIIT &amp; CORE</b> Field House   Veronika 5:45pm-6:45pm</p> <p><b>SPIN</b> Track   Alison 6pm-7pm Max. 15 people</p> <p><b>SHALLOW AQUAHIIT</b> Competition Pool Kyle-Lynn 6:45pm-7:35pm</p> <p><b>ZUMBA®</b> Field House   Amanda 6:50pm-7:50pm</p> <p><b>YOGA</b> Fitness Studio 2   Tisha 7:15pm-8:15pm Max. 22 people</p>	<p><b>BOOTCAMP</b> Field House   Connie 6am-7am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Naoko 9am-9:50am</p> <p><b>PUMPED</b> Field House   Lianne 9:15am-10:15am</p> <p><b>SPIN</b> Track   George 9:15am-10:15am Max. 15 people</p> <p><b>YOGA</b> Fitness Studio 2 Tam 9:15am-10:15am Max. 22 people</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Joanne 10:15am-11:05am</p> <p><b>FIT FOR LIFE</b> Field House   Donna 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Laura 10:30am-11:30am Max. 22 people</p> <p><b>AQUA YOGA</b> Leisure Pool   Laura 1pm-1:50pm</p> <p><b>CHAIR YOGA</b> Fitness Studio 2   Shaya 1:30pm-2:30pm</p> <p><b>YOUTH FITNESS</b> Ages 8-12 Field House Alcove 1 Logan 5:15pm-6 pm</p> <p><b>PUMPED</b> Field House   Veronika 5:45pm-6:45pm</p> <p><b>SPIN</b> Track   Anne 6pm-7pm Max. 15 people</p> <p><b>SHALLOW AQUAHIIT</b> Competition Pool Veronika 6:55pm-7:35pm</p>	<p><b>NEW! RAMP UP &amp; RECOVER!</b> Track   Candice 6am-6:50am</p> <p><b>SPIN</b> Track   Christina 6am-7am Max. 15 people</p> <p><b>CARDIO CORE AQUAPUMPED</b> Competition Pool   Liudmilla 9am-9:50am</p> <p><b>ZUMBA®</b> Field House   Wanda 9:15am-10:15am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Tam 10:15am-11:05am</p> <p><b>FIT FOR LIFE</b> Field House   Judy 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Summer 10:30am-11:30am Max. 22 people</p> <p><b>YOGA</b> Fitness Studio 2   Summer 11:45am-12:45pm Max. 22 people</p> <p><b>GENTLE AQUAFIT</b> Leisure Pool   Donna 1pm-1:50pm</p> <p><b>CHAIRFIT FOR OLDER ADULTS</b> Track   Dylan 1:30pm-2:30pm</p> <p><b>HIIT &amp; CORE</b> Field House   Haniye 5:45pm-6:45pm</p> <p><b>SPIN</b> Track   Alison 6pm-7pm   Max. 15 people</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Julie 6:45pm-7:35pm</p> <p><b>ZUMBA®</b> Field House   Amanda 6:50pm-7:50pm</p> <p><b>YOGA</b> Fitness Studio 2   Shaya 7:15pm-8:15pm Max. 22 people</p>	<p><b>BOOTCAMP</b> Field House   Connie 6am-7am</p> <p><b>DEEP AQUAFIT</b> Competition Pool   Jackie 9am-9:50am</p> <p><b>HIIT</b> Field House   Tam 9:15am-10:15am</p> <p><b>SPIN</b> Track   Nicholas 9:15am-10:15am Max. 15 people</p> <p><b>YOGA</b> Fitness Studio 2   Dennette 9:15am-10:15am Max. 22 people</p> <p><b>SHALLOW AQUAHIIT</b> Competition Pool   Lianne 10:15am-11:05am</p> <p><b>FIT FOR LIFE</b> Field House   Donna 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Dennette 10:30am-11:30am Max. 22 people</p>	<p><b>SPIN</b> Track   Christina 9am-10am Max. 15 people</p> <p><b>BOOTCAMP</b> Field House   Anne 9:15am-10:15am</p> <p><b>YOGA</b> Fitness Studio 2 Anne 10:30am-11:30am Max. 22 people</p> <p><b>DANCE FUSION</b> Field House   Mayu 10:30am-11:30am</p>	<p><b>SPIN</b> Track   Anne 9am-10am Max. 15 people</p> <p><b>YOGA</b> Fitness Studio 2   Shaya 9:15am-10:15am Max. 22 people</p> <p><b>HIIT</b> Field House   Julie 10am-11am</p> <p><b>YOGA</b> Fitness Studio 2 Jan 10:30am-11:30am Max. 22 people</p> <p><b>YOGA</b> Fitness Studio 2 Raechelle 6pm-7pm Max. 22 people</p>
<b>Drop-in Group 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.</p> <p>CGC Members can book Spin, Tai Chi &amp; Yoga classes up to 3 days in advance as of 9am every day (<a href="#">online through MyRec</a> or in-person at the Customer Service Desk). Non-members and 10 Punch Pass holders can book 1 day in advance as of 9am every day (online through MyRec or in-person at the Customer Service Desk). <b><i>New to MyRec? See our How-To's. Can't make your class anymore? Please cancel your spot in MyRec.</i></b></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>						
<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.</p>						
<b>Schedule last updated: April 1, 2024</b>						

## GROUP FITNESS CLASS DESCRIPTIONS

**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.

**BOOTCAMP** | An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

**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 AQUAPUMPED** | 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 and balls will be used. Walking on the Track will also be included and 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 and elevated mood. All exercises can be modified to accommodate individual needs.

**CHAIR YOGA** | Join our Chair Yoga class where you can enjoy simple seated poses designed for all abilities. Sit comfortably in a chair as we guide you through gentle stretches, twists and gentle bends to enhance flexibility and well-being. If you prefer using a mat, we'll show you easy chair adjustments for a seamless transition. Discover the joy of yoga with the support of a chair, making it accessible and enjoyable for everyone. **Please note: Booking not required for this class. Max, 15 people.**

**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 your major muscle groups in an inspiring and invigorating setting. This class gets back to basics using traditional moves to deliver great results.

**NEW! RAMP UP & RECOVER!** | Rise and shine with this invigorating class! Designed to kickstart your day with a perfect blend of energizing cardio, soothing yoga, rejuvenating mobility exercises, and strengthening Pilates, this 50-minute session promises to leave you feeling refreshed, revitalized and ready to tackle the day ahead. Suitable for all bodies and abilities, our inclusive class focuses on fostering strength, flexibility, balance and mindfulness, creating a supportive environment where everyone can thrive.

**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! AquaHIIT 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.

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

**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 Bill 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 to leave this class feeling less stressed and more balanced.

**YOUTH FITNESS (AGES 8-12)\*** | This cross-training fitness class will focus on exposing youth to a variety of movement skills, while learning 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.

**\*Please note: Youth ages 8-11 need a parent / guardian to stay inside the building while they are in class.**

**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.