

WINTER 2025 DROP-IN GROUP FITNESS SCHEDULE | January 6 - April 5



M	T	W	T	F	S	S
<p>RISE & GRIND BOOTCAMP Field House Amber 6am-7am</p> <p>CHAIRFIT Track Sarah 9am-10am</p> <p>SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am</p> <p>CARDIO COMBAT Field House Lianne 9:15am-10:15am</p> <p>SPIN - Max. 15 people Track Nicholas 9:15am-10:15am</p> <p>YOGA - Max. 22 people Fitness Studio 2 Taylor 9:15am-10:15am</p> <p>SHALLOW AQUAFIT Competition Pool Judy R. 10am-10:50am</p> <p>FIT FOR LIFE Field House Donna 10:30am-11:30am</p> <p>YOGA - Max. 22 people Fitness Studio 2 Taylor 10:30am-11:30am</p> <p>TAI CHI FUSION - Max. 22 people Fitness Studio 2 Bill & Wai Kam 11:45am-12:45pm</p> <p>AQUA YOGA Leisure Pool Laura 1pm-1:50pm</p> <p>CHAIR YOGA Fitness Studio 2 Shaya 1:30pm-2:30pm</p> <p>PUMPED Field House Connie 5:45pm-6:45pm</p> <p>SPIN - Max. 15 people Track Anne 6pm-7pm</p> <p>YOGA - Max. 22 people Fitness Studio 2 Summer 6pm-7pm</p> <p>*NEW* DANCE STEP Field House Sarah 6:50pm-7:50pm</p>	<p>YOGA Fitness Studio 2 Shaya 6am-6:50am</p> <p>SPIN Track Christina 6am-7am Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Liudmilla 9am-9:50am</p> <p>ZUMBA® Field House Judy 9:15am-10:15am</p> <p>DEEP AQUAFIT Competition Pool Jackie 10am-10:50am</p> <p>FIT FOR LIFE Field House Judy 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people</p> <p>GENTLE AQUAFIT Leisure Pool Judy R. 1pm-1:50pm</p> <p>CHAIRFIT Track Sarah 1:30pm-2:30pm</p> <p>HIIT & CORE Field House Veronika 5:45pm-6:45pm</p> <p>SPIN Track Alison 6pm-7pm Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Judy R. 6:45pm-7:35pm</p> <p>ZUMBA® Field House Amanda 6:50pm-7:50pm</p> <p>YOGA Fitness Studio 2 Tisha 7:15pm-8:15pm Max. 22 people</p>	<p>MIDWEEK MOMENTUM Field House Connie 6am-7am</p> <p>CHAIRFIT Track Sarah 9am-10am</p> <p>SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am</p> <p>PUMPED Field House Lianne 9:15am-10:15am</p> <p>SPIN Track George 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Shaya 9:15am-10:15am Max. 22 people</p> <p>SHALLOW AQUAFIT Competition Pool Joanne 10am-10:50am</p> <p>FIT FOR LIFE Field House Donna 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Laura 10:30am-11:30am Max. 22 people</p> <p>AQUA YOGA Leisure Pool Laura 1pm-1:50pm</p> <p>PUMPED Field House Veronika 5:45pm-6:45pm</p> <p>YOGA Fitness Studio 2 Summer 6pm-7pm Max. 22 people</p> <p>SPIN Track Anne 6pm-7pm Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Veronika 6:55pm-7:35pm</p> <p>*NEW* DANCE FUSION Field House Cynthia 6:50pm-7:50pm</p>	<p>YOGA Fitness Studio 2 Tracey 6am-6:50am</p> <p>SPIN Track Christina 6am-7am Max. 15 people</p> <p>CARDIO CORE AQUAPUMPED Competition Pool Liudmilla 9am-9:50am</p> <p>ZUMBA® Field House Wanda 9:15am-10:15am</p> <p>SHALLOW AQUAFIT Competition Pool Lianne 10am-10:50am</p> <p>FIT FOR LIFE Field House Judy 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Summer 10:30am-11:30am Max. 22 people</p> <p>GENTLE AQUAFIT Leisure Pool Donna 1pm-1:50pm</p> <p>CHAIRFIT Track Dylan 1:30pm-2:30pm</p> <p>HIIT & CORE Field House Haniyeh 5:45pm-6:45pm</p> <p>SPIN Track Alison 6pm-7pm Max. 15 people</p> <p>SHALLOW AQUAFIT Competition Pool Julie 6:45pm-7:35pm</p> <p>ZUMBA® Field House Amanda 6:50pm-7:50pm</p> <p>YOGA Fitness Studio 2 Shaya 7:15pm-8:15pm Max. 22 people</p>	<p>FINISH STRONG CIRCUIT Field House Amber 6am-7am</p> <p>SHALLOW AQUAHIIT Competition Pool Naoko *NEW TIME* 9am-9:50am</p> <p>HIIT Field House Haniyeh 9:15am-10:15am</p> <p>SPIN Track Nicholas 9:15am-10:15am Max. 15 people</p> <p>YOGA Fitness Studio 2 Dennette 9:15am-10:15am Max. 22 people</p> <p>DEEP AQUAFIT Competition Pool Jackie *NEW TIME* 10am-10:50am</p> <p>FIT FOR LIFE Field House Ashley/Haniyeh 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Dennette 10:30am-11:30am Max. 22 people</p>	<p>SPIN Track Christina 9am-10am Max. 15 people</p> <p>BOOTCAMP Field House Anne 9:15am-10:15am</p> <p>YOGA Fitness Studio 2 Anne 10:30am-11:30am Max. 22 people</p> <p>ZUMBA® Field House Amanda 10:30am-11:30am</p>	<p>HIIT Field House Julie 10am-11am</p> <p>YOGA Fitness Studio 2 Shaya 10:30am-11:30am Max. 22 people</p> <p>YOGA Fitness Studio 2 Aoife 6pm-7pm Max. 22 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>CGC Members can book Spin, Tai Chi & Yoga classes up to 3 days in advance as of 9am every day (online through MyRec 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). 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>						
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: December 31, 2024						

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.

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 | 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 STEP | What better way to step up your mind, muscles and heartrate with this 60-minute calorie crushing cardio class. Simple, safe, step inspired movements are bound to see results in both your physical and mental health.

DANCE FUSION | Dance-based fitness class for everyone where fitness meets fun! A fusion of easy dance moves and aerobics with various music styles that will keep you moving. No experience required, just get ready to groove, sweat and smile.

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.

FINISH STRONG CIRCUIT | End your week on a high note with this full-body circuit training class. Finish Strong is designed to maximize your strength, stamina, and endurance, ensuring you end the week feeling accomplished. The perfect way to complete your week's fitness journey and set yourself up for a well-deserved weekend.

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.

INTRO TO SPIN | If you are looking to try Spinning for the first time, this is the class for you! Take the time to set up properly for optimum comfort under the guidance of our expert instructors, Spin through a few lower tempo songs to get the feel and ramp up to an intensity that's best for you. This entry-level class allows ample time for set up and recovery between songs. You're in control!

MIDWEEK MOMENTUM | Keep your energy and motivation high with this midweek class. Focusing on building strength and endurance, Midweek Momentum blends resistance training with dynamic exercises to push through the midweek. Recharge your body and mind, and power through the rest of the week.

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.

RISE & GRIND BOOTCAMP | Start your week strong with this high-energy bootcamp. Designed to wake you up and get you moving, this class combines intense cardio, strength training, and functional movements to set the tone for a productive week.

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.

YOGILATES | This 50-minute class blends Pilates and yoga to support recovery and overall wellness. Focused on core strength, flexibility and joint mobility, Yogilates uses mindful movement and breathwork to enhance the mind-body connection. Ideal for all levels, including those who are getting over injuries, as well as folks who are just starting to workout. Join us to start your day with grounding, growth, and serenity.

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.