

Canada Games Centre

M	T	W	T	F	S	S
<p><b>RISE &amp; GRIND BOOTCAMP</b> Field House   Prily 6am-7am</p> <p><b>CHAIRFIT</b> Track   Nadia 9am-10am</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>DEEP AQUAFIT</b> Competition Pool   Georgie 10am-10:50am</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>PUMPED</b> Field House   Connie 5:45pm-6:45pm</p> <p><b>YOGA</b> Fitness Studio 2   Summer 6pm-7pm Max. 22 people</p> <p><b>SPIN</b> Track   Gail 6pm-7pm Max. 15 people</p>	<p><b>YOGA</b> Fitness Studio 2  Shaya 6am-6:50am Max. 22 people</p> <p><b>SPIN</b> Track   Christina 6am-7am Max. 15 people</p> <p><b>DEEP AQUAFIT</b> Competition Pool   Jackie 9am-9:50am</p> <p><b>ZUMBA®</b> Field House   Wanda 9:15am-10:15am</p> <p><b>SHALLOW AQUAPUMPED</b> Competition Pool   Liudmila 10am-10:50am</p> <p><b>FIT FOR LIFE</b> Field House   Haniyeh 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</b> Track   Grant/Gail 1:30pm-2:15pm 2:30pm-3:15pm</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 AQUAFIT</b> Competition Pool 6:45pm-7:35pm</p> <p><b>DANCE FUSION</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>MIDWEEK BOOTCAMP</b> Field House   Connie 6am-7am</p> <p><b>CHAIRFIT</b> Track   Nadia 9am-10am</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   Raechelle 9:15am-10:15am Max. 22 people</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Joanne 10am-10:50am</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>PUMPED</b> Field House   Veronika 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>SHALLOW AQUAFIT</b> Competition Pool Denise 6:45pm-7:35pm</p>	<p><b>YOGA</b> Fitness Studio 2   Tracy 6am-6:50am Max.22 people</p> <p><b>SPIN</b> Track   Christina 6am-7am Max. 15 people</p> <p><b>SHALLOW AQUAHIIT</b> Competition Pool   Lianne 9am-9:50am</p> <p><b>ZUMBA®</b> Field House   Wanda 9:15am-10:15am</p> <p><b>CARDIO CORE AQUAPUMPED</b> Competition Pool   Liudmila 10am-10:50am</p> <p><b>FIT FOR LIFE</b> Field House   Ashley 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Georgie 10:30am-11:30am Max. 22 people</p> <p><b>GENTLE AQUAFIT</b> Leisure Pool   Donna 1pm-1:50pm</p> <p><b>CHAIRFIT</b> Track   Grant/Veronika 1:30pm-2:15pm 2:30pm-3:15pm</p> <p><b>HIIT &amp; CORE</b> Field House   Crystal 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>DANCE FUSION</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>FINISH STRONG BOOTCAMP</b> Field House   Georgie 6am-7am</p> <p><b>SHALLOW AQUAFIT</b> Competition Pool   Naoko 9am-9:50am</p> <p><b>CHAIRFIT</b> Track   Taylor 9am-10am</p> <p><b>HIIT</b> Field House   Haniyeh 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>DEEP AQUAFIT</b> Competition Pool   Jackie 10am-10:50am</p> <p><b>FIT FOR LIFE</b> Field House   Haniyeh 10:30am-11:30am</p> <p><b>YOGA</b> Fitness Studio 2   Dennette 10:30am-11:30am</p>	<p><b>SPIN</b> Track   Christina 9am-10am Max. 15 people</p> <p><b>HIIT</b> Field House   Julie 11am-12pm</p> <p><b>YOGA</b> Fitness Studio 2   Shaya 10:30am-11:30am Max. 22 people</p> <p><b>YOGA</b> Fitness Studio 2   Aoife 6pm-7pm Max. 22 people</p>	
<div><div>Drop-in Group Fitness Classes</div><div><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>New to MyRec?</b> <a href="#">See our How-To's</a>. <b>Can't make your class anymore?</b> Please cancel your spot in <a href="#">MyRec</a>.</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. All fitness classes are 45-60 minutes. Late entry to Yoga classes will not be permitted.</p></div></div>						
Schedule last updated: September 5, 2025						

## 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** | Weekend bootcamp is a great combination of strength and endurance to build your muscles and get your heart rate up. Using a variety of equipment and your own body to move you through this one-hour class, you will leave feeling invigorated for the rest of your day.

**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.

**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 BOOTCAMP** | End your week on a high note with this full-body bootcamp 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.

**MIDWEEK BOOTCAMP** | Keep your energy and motivation high with this midweek class. Focusing on building strength and endurance, Midweek Bootcamp blends resistance training with dynamic exercises to push through midweek. Recharge your body, 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. Get ready to rise, grind, and conquer the day!

**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.

**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.