

Canada Games Centre

M	T	W	T	F	S	S
RISE & GRIND BOOTCAMP Field House Prily 6am-7am CHAIRFIT Track Nadia 9am-10am SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am CARDIO COMBAT Field House Lianne 9:15am-10:15am SPIN Track Nicholas 9:15am-10:15am Max. 15 people YOGA Fitness Studio 2 Taylor 9:15am-10:15am Max. 22 people DEEP AQUAFIT Competition Pool Georgie 10am-10:50am FIT FOR LIFE Field House Donna 10:30am-11:30am YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people TAI CHI FUSION Fitness Studio 2 Bill & Wai Kam 11:45am-12:45pm Max. 22 people AQUA YOGA Leisure Pool Laura 1pm-1:50pm PUMPED Field House Connie 5:45pm-6:45pm YOGA Fitness Studio 2 Summer 6pm-7pm Max. 22 people SPIN Track Gail 6pm-7pm Max. 15 people	YOGA Fitness Studio 2 Shaya 6am-6:50am Max. 22 people SPIN Track Christina 6am-7am Max. 15 people DEEP AQUAFIT Competition Pool Jackie 9am-9:50am ZUMBA® Field House Wanda 9:15am-10:15am SHALLOW AQUAPUMPED Competition Pool Liudmila 10am-10:50am FIT FOR LIFE Field House Haniyeh 10:30am-11:30am YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people GENTLE AQUAFIT Leisure Pool Veronika 1pm-1:50pm CHAIRFIT Track Grant 1:30pm-2:15pm HIIT & CORE Field House Veronika 5:45pm-6:45pm SPIN Track Alison 6pm-7pm Max. 15 people SHALLOW AQUAFIT Competition Pool 6:45pm-7:35pm DANCE FUSION Field House Amanda 6:50pm-7:50pm YOGA Fitness Studio 2 Tisha 7:15pm-8:15pm Max. 22 people	MIDWEEK BOOTCAMP Field House Connie 6am-7am CHAIRFIT Track Nadia 9am-10am SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am PUMPED Field House Lianne 9:15am-10:15am SPIN Track George 9:15am-10:15am Max. 15 people YOGA Fitness Studio 2 Raechelle 9:15am-10:15am Max. 22 people SHALLOW AQUAFIT Competition Pool Joanne 10am-10:50am FIT FOR LIFE Field House Donna 10:30am-11:30am YOGA Fitness Studio 2 Laura 10:30am-11:30am Max. 22 people AQUA YOGA Leisure Pool Laura 1pm-1:50pm PUMPED Field House Veronika 5:45pm-6:45pm Spin Track Anne 6pm-7pm Max. 15 people YOGA Fitness Studio 2 Summer 6pm-7pm Max. 22 people SHALLOW AQUAFIT Competition Pool Denise 6:45pm-7:35pm	YOGA Fitness Studio 2 Tracy 6am-6:50am Max.22 people SPIN Track Christina 6am-7am Max. 15 people SHALLOW AQUAHIIT Competition Pool Lianne 9am-9:50am ZUMBA® Field House Wanda 9:15am-10:15am CARDIO CORE AQUAPUMPED Competition Pool Liudmila 10am-10:50am FIT FOR LIFE Field House Ashley 10:30am-11:30am YOGA Fitness Studio 2 Georgie 10:30am-11:30am Max. 22 people GENTLE AQUAFIT Leisure Pool Donna 1pm-1:50pm CHAIRFIT Track Grant 1:30pm-2:15pm HIIT & CORE Field House Crystal 5:45pm-6:45pm SPIN Track Alison 6pm-7pm Max. 15 people SHALLOW AQUAFIT Competition Pool Julie 6:45pm-7:35pm DANCE FUSION Field House Amanda 6:50pm-7:50pm YOGA Fitness Studio 2 Shaya 7:15pm-8:15pm Max. 22 people	FINISH STRONG BOOTCAMP Field House Georgie 6am-7am SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am CHAIRFIT Track Taylor 9am-10am HIIT Field House Haniyeh 9:15am-10:15am SPIN Track Nicholas 9:15am-10:15am Max. 15 people YOGA Fitness Studio 2 Dennette 9:15am-10:15am Max. 22 people DEEP AQUAFIT Competition Pool Jackie 10am-10:50am FIT FOR LIFE Field House Haniyeh 10:30am-11:30am YOGA Fitness Studio 2 Dennette 10:30am-11:30am	SPIN Track Christina 9am-10am Max. 15 people HIIT Field House Julie 11am-12pm YOGA Fitness Studio 2 Shaya 10:30am-11:30am Max. 22 people YOGA Fitness Studio 2 Aoife 6pm-7pm Max. 22 people	
Drop-in Group Fitness Classes All drop-in classes are free to members or covered by day pass fees for ages 12 years of age or older. 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. 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.						
Schedule last updated: October 2, 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.