

# Winter Drop-in & Registered Program Schedule

Effective: January 4th to April 4th, 2010 (Revised March 5, 2010)



Time & Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:15am	X-Bike/Spin Endurance		X-Bike/Spin Intervals		X-Bike/Spin Endurance		
7:30 - 8:15am	Fit & Fab at 55+ (Starting March 15)		Fit & Fab at 55+ (Starting March 17)		Fit & Fab at 55+ (Starting March 19)		
8:00 - 9:00am (Pool)	Aqua 55+ Aqua Fitness	Aqua 55+ Aqua Fitness	Aqua 55+ Aqua Fitness	Aqua 55+ Aqua Fitness	Aqua 55+ Aqua Fitness	Early Bird Boot Camp (studio # 1)	
9:30 - 10:30am (Gym B)	Cardio Kickboxing with a Muay Thai twist		Cardio Kickboxing with a Muay Thai twist				
9:15 - 10:15am (Pool)	Aqua Aqua Boot Camp	Aqua Aqua Fitness For Every Body	Aqua Aqua Boot Camp	Aqua Aqua Fitness For Every Body	Aqua Aqua Boot Camp		
9:15 - 10:15am (Fit Centre)						Super Circuit Training	
9:15 - 10:15am	Step It Up	Pump It Up	Cardio Explosion	Pump It Up	Boot Camp Bonus	Step It Up	
9:15 - 10:30am							Pump it Up & Core
10:30 - 11:30am	Fit & Fab at 55+	Pump It Up	Fit & Fab at 55+	Pump It Up	Fit & Fab at 55+		
10:30 - 11:30am (Fit Centre)	Hard Core Boot Camp (Registered)		Hard Core Boot Camp (Registered)				
10:30 - 11:30am		Yoga Flow (Studio # 2)	Move it Baby (Registered) (Gym)	Basic Yoga (Studio # 2)		Belly Dance Fitness	
10:45 - 12:00pm (MPR #8)							Basic Yoga
11:30 - 12:15pm (Pool)	Aqua 55+ Aqua Fitness		Aqua 55+ Aqua Fitness		Aqua 55+ Aqua Fitness		
11:30 - 12:30pm (Pool)		Aqua Aqua Boot Camp		Aqua Aqua Boot Camp			
11:45 - 12:45pm	X-Bike/Spin Intervals		X-Bike/Spin Endurance				
12:15 - 1:00pm (Pool)	Aqua Aqua Therapy		Aqua Aqua Therapy		Aqua Aqua Therapy		
12:15 - 1:15pm (Studio # 2)		Beginner Pilates					
12:30 - 1:30pm (Studio # 2)				Pilates Level 2/3			
1:15 - 2:15pm (Fit Centre)		Super Circuit Training		Super Circuit Training			
1:30 - 2:30pm			Fit & Fab at 55+				
1:30 - 2:30pm	Pil-oga (Studio 2)		Basic/Gentle Yoga (Studio 2)		Pilates Plus More		
2:45 - 3:30pm (Pool)		Aqua 55+ Aqua Fitness					
3:15 - 4:00pm (Pool)				Aqua 55+ Aqua Fitness			
5:00 - 6:00pm			Muay Thai		Muay Thai		
6:15 - 7:00pm (Pool)	Aqua Aqua Boot Camp		Aqua Aqua Boot Camp				
6:15 - 7:15pm	Bike & Buff		Bike & Buff				
6:15 - 7:15pm (Fit Centre)	Hard Core Boot Camp (Registered)		Hard Core Boot Camp (Registered)				
6:15 - 7:15pm		Zumba (Registered)					
7:00 - 8:00pm		TRX (Registered) (Fit Centre)		TRX (Registered) (Fit Centre)			
7:00 - 8:15pm (MPR # 7/8)	Advanced Yoga Free Trial March 22, 29		Advanced Yoga Free Trial March 22, 29	Yoga Flow			
7:30 - 8:30pm	Cardio Kickboxing		Cardio Kickboxing				
7:30 - 8:45pm		Pump it Up & Core		Pump it Up & Core			
7:30 - 8:45pm (MPR # 5/6)		Basic Yoga					

All classes are in Studio # 1 unless otherwise noted.

To participate in the registered classes you must register at Guest Services, or you can pay a drop-in fee per class (\$8 members, \$14 non-members) if space permits. You must provide the instructor with your receipt.

## Free Drop-In Class Descriptions



For registered program descriptions see guest services, winter brochure, fitness centre bulletin board or visit our website at [www.tricocentre.ca](http://www.tricocentre.ca)

**Step It Up** - This step class will get your heart pumping with pure oxygen. Build aerobic endurance & core strength in this challenging class.

**Cardio Explosion** - This is a variation on the Step It Up class to keep your motivation and interested at a max. You will really push your cardio in this class with step, weights and much more. Lungs, upper and lower body, core, you name we work it.

**Pump It Up** - Work every muscle group in your body. Barbells and dumbbells are used to condition and define muscles like nothing else can.

**X-Bike Endurance** - This endurance ride focuses on continuous cycling to optimize cardiovascular fitness and calorie burn. This extended ride provides an unbeatable extended cardio workout.

**X-Bike Interval** - Join the biking revolution and get ready for hill, valley and interval training. This dynamic ride uses workload and active recovery interval training to enhance your cardio endurance and cycling experience.

**Bike and Buff** - Calling all guys, ready to go for a ride and also work some weights. Then this class is for you, based on intervals using several pieces of equipment and is sure to send you away sweating.

**Fit & Fab at 55+** - If you are active, you'll enjoy this aerobic and muscle conditioning class. Many health benefits will also be enjoyed, such as improved balance, aerobic endurance, flexibility and muscle tone.

**Ball, Band & Bosu Blast** - Are you bored with your fitness program? You will enjoy variety and results with this muscle conditioning class, as creative resistance band, bosu and/or stability ball exercises will be incorporated.

**Circuit Training** - Hit every muscle group as you burn calories zipping through different stations using resistance machines, cardio machines, track, bosu's medicine balls, jump ropes and other creative training tools.

**Early Bird Boot Camp** - This early interval class starts your day with cardio, strength & core exercises. It is challenging, but you can work at your own pace!

**Cardio Kickboxing** - This is a high-energy cardiovascular workout that is all out fun. This class is designed using intense combinations and increased energy sprints followed by work-recovery segments. No equipment is used in this challenging class.

**Aqua Boot Camp** - Exercise at your own pace in this interval style aqua fitness class. Interval training includes aqua jogging, cycling to the core plus liquid strength segments for total body conditioning results (equipment provided).

**55+ Aqua Fitness** - Water exercise is fun, gentle on your joints and improves your mobility, flexibility, cardio and endurance.

**Aqua Fitness for Every Body** - This deep-water class incorporates water buoyancy, turbulence and resistance to challenge your cardiovascular system and muscle groups. This conditioning program is for every body.

**Aqua Therapy** - Gentle, low intensity deep-water exercises help improve mobility, endurance and rehabilitation. Work at a comfortable pace based on your individual limitations.

**Basic Yoga** - This class is designed to go beyond the basic purpose of fitness. Enjoy an exercise program that relaxes, improves body alignment & balance.

**Yoga Flow** - Enjoy a flowing sequence of movements that synchronizes breath with movement. This invigorating class focuses on core strength posture

**Pil-oga** - We've combined the strength and endurance benefits of pilates and releasing, calming benefits of yoga. Start by relaxing tight muscles and stressed minds. Transition to pilates based core strength and muscle endurance exercises and leave feeling challenged yet tranquil.

**Beginner Pilates** - A body-conditioning technique designed to stretch strengthen and balance the body. Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength and flexibility

**Pilates 2/3** - This class takes our basic pilates to the next level

**Pilates Plus More** - You will find all the benefits of pilates in this class plus some added fitness bonuses to take your fitness to the next level.

**Maui Thai** - With techniques including kicks, punches and the extensive use of knees and elbows, Muay Thai is often referred to as the science of 8 limbs. It is an effective and brutal martial art originally from Thailand. Muay Thai distinguishes itself from western kickboxing and other stand-up martial arts by 3

**Belly Dance Fitness** - Learn a dance of celebration and connection that draws from inner and outer strengths. Dance for health, happiness and well being in a comfortable atmosphere with other wonderful and supportive people.