

Summer Drop-In & Registered Class Schedule

Effective July 5 - August 31, 2010

(revised June 30)



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00 – 8:00am		TRX (Registered)		TRX (Registered)			
7:30 – 8:15 am	Gentle Fitness @ 55+		Gentle Fitness @ 55+		Gentle Fitness @ 55+		
7:30 – 8:30 am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness			
8:00 - 9:00 am						Extreme Workout	
9:15 – 10:15 am	Step Cardio and Core	Pump It Up	Step Cardio and Core	Pump It Up	Cardio Sculpt	Step Cardio and Core	Pump it Up and Core
9:30 – 10:30 am	Cardio Kickbox with Muay Thai		Cardio Kickbox with Muay Thai		Cardio Kickbox with Muay Thai		
10:30– 11:30 am	Boot Camp (Registered)		Boot Camp (Registered)		Boot Camp (Registered)	Super Circuit Training	Basic Yoga (10:45 - 12:00pm)
10:30– 11:30 am	Fit & Fab @ 55+	Yoga Flow (Studio 2)	Fit & Fab @ 55+	Basic Yoga (Studio 2)	Fit & Fab @ 55+		
11:00– 11:45 am		Aqua Therapy		Aqua Therapy		<p><i>We have reduced our spring-summer drop-in fitness classes due to the quieter time period in our fitness centre. Each year we have an annual budget for drop-in fitness classes and we try to offer these classes during peak times to better serve our customers, hence more classes within the fall/winter time frames.</i></p> <p><i>We will be offering around 50 drop-in fitness classes FREE to our members in the Fall and 50% discounts to our members on registered fitness classes which will include INTERMEDIATE and ADVANCED Yoga and Pilates classes.</i></p>	
5:00 - 6:00 pm			Muay Thai				
6:00 - 6:45 pm	Aqua Boot Camp						
6:15 - 7:15 pm	Boot Camp (Registered)	Pump It Up & Core (6:15 – 7:25 pm)	Boot Camp (Registered)		Boot Camp (Registered)		
7:00 – 8:00 pm		TRX (Registered)		TRX (Registered)			
7:30 – 8:30 pm	Cardio Kickboxing	Zumba (Registered) (7:30 – 8:30pm)		Pump It Up & Core (7:30 - 8:45 pm)			

**Please note classes are cancelled July 1 & 4, Aug 1 & 2 for the holidays
July 2 & 3 all classes cancelled except 9:15 - 10:15 Step Cardio and Core.**

Drop-In Class Descriptions

Step Cardio & Core

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

Pump It Up

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

Cardio Sculpt

A fast paced interval training class which combines a mix of cardio and strength. Good for all levels of fitness from beginner to advanced.

Cardio Kick box with Muay Thai

This super high intensity cardio class takes the traditional kickboxing class and gives it a Muay Thai twist. Work on kicks, punches, knees and get a huge workout in at the same time. You will leave with class gasping for air but will love every minute of it.

Super 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.

Extreme Workout

This boot camp style class will give you great interval training with a variety of cardio, strength & core exercises. It is challenging, but you can work at your own pace!

Gentle Fitness at 55+

A great class for any senior, no impact, mild intensity but still a great workout. Get together with like minded people and have a great social time while working on aspects of fitness that any person over 55 should be focused on. Balance, core strength, muscle conditioning and much more.

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.

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 Fitness (deep water or shallow, your choice)

A great water workout for all participants. Water exercise is fun, gentle on your joints and improves your mobility, flexibility, cardio and endurance. (No other user groups are in the pool at this time, the class has the pool to themselves.)

Aqua Therapy

Gentle, low intensity deep-water exercises help improve mobility, endurance and rehabilitation. Work at a comfortable pace based on your individual limitations. (please note: other users groups are in the pool at this time)

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 and key alignment principles.