

Fall Drop-In & Registered programs Schedule

Effective: Oct 1 – Dec 20, 2009 (Revised Oct 30, 2009)



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15 – 7:15 am	X-Bike/Spin Bike Endurance	Early Bird Boot Camp	X-Bike/Spin Bike Intervals	Early Bird Boot Camp	X-Bike/Spin Bike Endurance		
8 – 9 am (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)	
9:15 – 10:15 am (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		Basic Yoga (MPR #8) (9 – 10:15 am)
9:15 – 10:15 am (Gymnasium)	Band, Ball & Bosu Blast						
9:15 – 10:15 am (Fit Centre)						Circuit Training	
9:15 – 10:15 am	Step It Up	Pump It Up	Cardio Explosion	Pump It Up	Boot Camp Bonus	Step It Up	Pump It Up & Core (9:15-10:30 am)
10:30– 11:30 am	Fit & Fab at 55+	Pump It Up	Fit & Fab at 55+	Pump It Up	Fit & Fab at 55+		
10:30– 11:30 am			Aqua Pre-Natal Fitness (Registered) (Pool)		Aqua Pre-Natal Fitness (Registered) (Pool)		
10:30– 11:30 am	Move it Baby (Registered) (Gym)	Yoga Flow (Studio 2)	Move it Baby (Registered) (Gym)	Basic Yoga (Studio 2)		Belly Dance Fitness	
11:30– 12:15 pm (Pool)	Aqua 55+ Aqua Fitness	Aqua Aqua Boot Camp	Aqua 55+ Aqua Fitness	Aqua Aqua Boot Camp	Aqua 55+ Aqua Fitness		
11:45– 12:45 pm	X-Bike Bike Intervals		X-Bike Bike Endurance				
12:15 – 1 pm (Pool)	Aqua Aqua Therapy	Aqua Aqua Therapy	Aqua Aqua Therapy	Aqua Aqua Therapy	Aqua Aqua Therapy		
12:30 - 1:30 pm (Studio # 2)		Beginner Pilates (12:15 – 1:15pm)		Pilates Level 2/3			
1:15 – 2:15 pm (Fitness Centre)		Circuit Training		Circuit Training			
1:30 – 2:30 pm			Fit & Fab at 55+				
1:30 – 2:30 pm	Pil-oga (Studio 2)		Basic/Gentle Yoga (Studio 2)		Pilates Plus More		
2:45 – 3:30 pm (Pool)		Aqua +55 Aqua Fitness					
3:15 – 4:00 pm (Pool)				Aqua +55 Aqua Fitness			
5:00 – 6:00 pm			Maui Thai		Maui Thai		
6:15 – 7:00 pm (Pool)	Aqua Aqua Boot Camp		Aqua Aqua Boot Camp				
6:15 - 7:15 pm	Bike & Buff		Bike & Buff				
6:15 - 7:15 pm	Hardcore Boot Camp (Registered) (Gym/Fit Centre)	Zumba (Registered)	Hardcore Boot Camp (Registered) (Gym/Fit Centre)	Beat IT (6:30 – 7:30pm) (Registered)			
7:00 8:00m		TRX (Registered) (Craft Room # 2)					
7:30 – 8:30 pm	Cardio Kickboxing	Pump It Up & Core (7:30 – 8:45 pm)	Cardio Kickboxing	Pump It Up & Core (7:30 – 8:45 pm)			
7:30 – 8:45 pm (MPR #5/6)		Basic Yoga		Yoga Flow			

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

For registered program descriptions see guest services, fall brochure, fitness centre bulletin board or visit our website at www.tricocentre.ca

Free Drop-In Class Descriptions



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 and key alignment principles.

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 things: the clinch, the Thai low kick and the Thai roundhouse.

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.