

# Summer GROUP FITNESS SCHEDULE



July 2-August 31, 2024 • Advanced reservation available for drop-in classes for 13+yrs.

Schedule subject to change • For the most up to date schedule please visit our website

**No classes on Statutory Holidays: Aug 5**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY |
|---|---|--|--|---|--|--------|
| <b>Cycle</b><br>6:00 - 6:45am<br>Jacklyn E                    |   |  |  | <b>Cycle &amp; Core</b><br>6:15 - 7:00am<br>Jenna K   | <b>Flow Yoga</b><br>7:00-8:00am<br>Jenn S                                |        |
|   |   | <b>Strength &amp; Mobility</b><br>8:00 - 9:00am<br>Dave R                  |  | <b>Strength &amp; Mobility</b><br>8:00 - 9:00am<br>Dave R   |  |        |
| <b>HIIT</b><br>9:15 - 10:15am<br>Colleen D                    | <b>Strength &amp; Mobility</b><br>9:00 - 10:00am<br>Dave R  | <b>Wednesday Workout</b><br>9:15 - 10:15am<br>Dave                         | <b>Strength &amp; Mobility</b><br>9:00 - 10:00am<br>Dave R       | <b>Bellyfit Flow</b><br>9:15 - 10:15am<br>Colleen D   | <b>Step &amp; Sculpt</b><br>9:00 - 10:00am<br>Tina/Karyn                 |        |
| <b>Therapeutic Yoga: Level 2</b><br>10:30 - 11:30am<br>Tom K  | <b>Strength &amp; Mobility</b><br>10:15 - 11:15am<br>Dave R | <b>Hatha Yoga</b><br>10:30 - 11:30am<br>Tara N                             | <b>Strength &amp; Mobility</b><br>10:15 - 11:15am<br>Dave R      | <b>Zumba in the Circuit</b><br>10:30 - 11:30am<br>Colleen D   | <b>Sculpt &amp; Stretch</b><br>10:15 - 11:15am<br>Tina/Karyn             |        |
| <b>Parent &amp; Baby Pilates</b><br>11:45 - 12:45pm<br>Jenn S |   | <b>Gentle Yoga</b><br>11:45 - 12:45pm<br>Tara N                            |  | <b>Intro to Weightroom</b><br>10:30 - 11:30am<br>Dave R<br><b>Aug 9 – Aug 30</b>  |  |        |
| <b>Beginner Pilates- Level 1</b><br>1:00 - 2:00pm<br>Jenna K  |   | <b>Beginner Pilates- Level 1</b><br>1:00 - 2:00pm<br>Jenna K<br>Shirley CH | <b>Pilates Level 1-2</b><br>2:00-3:00pm<br>Jenna K<br>Becher Bay |   | <b>The Deadlift Workshop</b><br>1:00 - 2:30pm<br>Dave R<br><b>Aug 10</b> |        |
|   | <b>Cycle</b><br>5:00 - 5:45pm<br>Jacklyn E                  |  | <b>Yoga Pilates Fusion</b><br>5:00 - 6:00pm<br>Donna T           | <b>Personal Training Available</b><br>Designed with you in mind, personal training will help you achieve your goals.<br>Group and private weight room orientations also available.<br>Included in Active Pass membership<br>Premium drop-in Class, \$10.50/class<br>Registered Program drop-in available if space permits<br><b>OFFSITE – must call reception to drop-in min 30 min prior</b> |  |        |
| <b>Step &amp; Sculpt</b><br>6:15 - 7:15pm<br>Tina/Karyn       | <b>Yoga Pilates Fusion</b><br>6:15 - 7:15pm<br>Donna T      | <b>Step &amp; Sculpt</b><br>6:15 - 7:15pm<br>Tina/Karyn                    | <b>Yoga Pilates Fusion</b><br>6:15 - 7:15pm<br>Donna T           |   |  |        |
| <b>Move &amp; Restore Yoga</b><br>7:30 - 8:30pm<br>Deanna M   | <b>Bellyfit</b><br>7:30 - 8:30pm<br>Colleen D               |  | <b>Zumba</b><br>7:30 - 8:30pm<br>Colleen D                       |   |  |        |
|   |   |  |  |   |  |        |

| WEIGHT ROOM HOURS   | MONDAY TO FRIDAY         | SATURDAY & SUNDAY        |
|---|--------------------------|--------------------------|
| Patrons 16 years and older welcome during hours of operation.<br><i>*Ages 13-15 can attend with a completed Youth Weight Room Orientation</i> | <b>6:00 AM – 9:00 PM</b> | <b>7:00 AM – 9:00 PM</b> |

Modified schedule: Closed: Aug 5. For most up to date schedule, please visit our website .

Last Updated: June 28, 2024

## Group Fitness Drop-in:

*Advanced Reservation is recommended up to 1 week in advance. Regular admission rates apply, except Cycle \$10.50/class*

### **Bellyfit**

A perfect fusion of Belly dance inspired moves set to incredible music, cardio, functional fitness and mindfulness.

### **Bellyfit Flow**

Holistic Fitness for the Mind, Body & Soul. This 1-hour class is done entirely on your Yoga mat, and it offers a seamless fusion of Yoga inspired poses, combined with Bellyfit's signature dance & fitness elements and set to an incredible, inspiring soundtrack from start to sweaty finish.

### **Hatha Yoga**

Develop more awareness, strength, and flexibility with a balanced practice that will include intelligent sequences, detailed postures and time for a calming breath practice.

### **HIIT**

High Intensity Interval Training is periods of short, intense exercise with recovery periods. Set your own level of intensity in this full body workout.

### **Sculpt & Stretch**

Build strength, endurance and flexibility in this low impact class. All levels welcome.

### **Step & Sculpt**

High/low impact class, includes step, cardio, strength, and core exercises. All levels welcome.

### **Wednesday Workout**

Enjoy a full body medium-to-high intensity circuit workout that focuses on strength and endurance. Work at your own pace in a supportive and energetic team environment. Modifications allow for all fitness levels.

### **Yoga Pilates Fusion**

This movement-based flow style class focuses on alignment, breath and core strength. Restore balance and expand awareness of the body, breath and mind in this physical practice.

### **Zumba®**

An exhilarating, effective, Latin-inspired, calorie-burning dance fitness-party. Zumba® blends red-hot Latin music, and contagious steps to form a 'fitness-party' that is downright addictive. No skill required.

### **Cycle/Cycle & Core – \$10.50/class**

The ultimate indoor cycling workout combining aerobic and anaerobic exercise through drills and speed work. Build endurance and cardio in this fun class while working at your own intensity level. \*Cycle & Core class has a 15min core strengthening component off the bike.

## Registered Programs:

*Drop-in available if space permits (unless specified)*

### **BARRE Workout – Drop-in \$15/class**

This class mixes Barre, Pilates and yoga for a whole body low impact workout to improve muscle tone and endurance as well as increase flexibility, balance and core conditioning.

### **Chair Strength– Drop-in \$9/class**

This class offers predominantly seated exercises with a variety of equipment to build and maintain strength and balance. Modifications are available, no experience necessary. Ideal for those with chronic conditions or needing additional mobility support.

### **Chair Yoga – Drop-in \$12/class**

This class is great for anyone with movement disorders, seniors, or those recovering from injury. Chair yoga deepens your flexibility and strengthens your body awareness, improves strength, reduces risks of falls and helps to better continue independent activities. Come for a gentle but challenging practice so you can leave feeling supported and more relaxed.

### **Gentle BARRE – Drop-in \$15/class**

This functional movement class will use the Ballet Barre for standing strength and balance exercises suited for the older adult. Gentle Pilates and Yoga moves will be incorporated to build on flexibility while low impact moves will help increase your bone density.

### **Gentle Yoga – Drop-in \$15/class**

Gently build strong bones and muscles, enhance your balance and stability and stay mobile and agile. Relaxation, breath awareness and mindfulness make this practice a complete yogic experience

### **Flow Yoga– Drop-in \$15/class**

This class will get you moving and sweating. Find your flow during this class as we move through an invigorating series of poses to build heat within your body, as we connect breath with movement.

### **Move & Restore/Dynamic & Still Yoga – Drop-in \$15/class**

This class begins with gentle movement of the body and ends with long restorative poses. Open to all levels, this class is great for people who are new to yoga, as well as athletes looking for something to complement their training. It is a very accessible practice that helps to promote facial opening, circulation, relaxation, and healing. Passive yoga promotes healthy connective tissue and calms the mind by slowing down, supporting the body, and holding the poses longer.

### **Parent & Baby Yoga / Parent & Tot Yoga – Drop-in \$15/class**

This class is for parents looking to start or continue to grow your yoga practice while sharing it with your little loved one(s). Our practice will be for all levels, leaving your body and mind feeling relaxed and nourished. Parents must be minimum six-week post partum and cleared by your medical professional. This will be an inclusive environment for pre-mobile children (baby class) or mobile children (tot class).

### **Parent & Baby Pilates – Drop-in \$15/class**

Experience the transformative power of Pilates, a body strengthening exercise method that focuses on enhancing core strength. Join our community of moms where you can feel confident, comfortable, and enjoy movement while bonding with your little one. All levels welcome.

### **Pilates – Drop-in \$15/class**

Strengthen your core, improve flexibility and challenge the mind/body connection. You will work with the foundations of the STOTT® Pilates Method to improve your posture and prevent back injuries, while staying motivated in this multi-level class. Beginners are welcome. Level 2 will progress from Beginner-Level 1.

### **Pre-Natal Pilates – Drop-in \$15/class**

Designed to support expecting parents, or those carrying a child, on their journey to delivery. Enjoy a safe but challenging class that offers stabilizing core work, developing upper body strength, spinal mobility, breathing for labour and delivery, and stretches to help alleviate aches and pains that come along with pregnancy.

### **Pre-Natal Yoga – Drop-in \$15/class**

Stay healthy throughout your pregnancy, build a deeper connection with your baby, and remain flexible and strong to help prepare for labour, birth and beyond. Each class includes safe poses for each trimester, deep breathing, relaxation, and meditation.

### **Strength & Mobility – Drop-in \$9/class**

Improve your strength and overall movement. This older adult friendly class includes a variety of cardio and strength building exercises using little to no equipment and some stretching at the end. All fitness levels welcome, no experience necessary. Chair option available when needed.

### **Therapeutic Yoga – Drop in \$15/class**

Enjoy nourishing movements to build strength while improving your flexibility from the ground up. Modifications are offered and yoga props are available. Breathing practices and yoga tools to help with self-care will be explored. Everyone is welcome. Level 1 is designed for those with mobility issues and level 2 is designed for the general population.

### **Yoga Strength– Drop-in \$15/class**

Enjoy an empowering practice that will make you sweat. This class combines functional fitness, yoga postures and movements with holds to increase mobility and build strength. Each class will end with a relaxing Savasana.

### **Zumba® in the Circuit – Drop-in \$9/class**

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Chair options available. Wheelchair accessible.

### **Zumba® Strong – Drop-in \$9/class**

This High Intensity Interval Training registered program helps clients become stronger in only 45 minutes by using body weight, cardio, martial arts and plyometric movements.