

CITY WIDE | CYCLE & CYCLE FUSION SCHEDULE

| WINTER 2020 | JAN 5 - APR 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, FAMILY FRIENDLY (8+ YEARS) CLASSES ARE IN BLUE

DROP-IN SPIN SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (xx) are less than 60 minutes. For Program Descriptions and Intensity Ratings, please see below.

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45- 11:30AM xx REV <i>*Starts Sep 8*</i>	6:15-7PM xx REV		10:30-11:30AM (REV+Strength) 6:30-7:15PM xx SURGE			
COMMONWEALTH COMMUNITY RECREATION CENTRE	10:15-11AM xx REV	6-7PM SURGE	9:15-9:45AM xx REV 6-6:45PM xx REV	6:15-7AM xx SURGE 9-9:30AM xx REV	6:15-7PM xx SURGE		9:45-10:45AM SURGE
	Virtual Coach 8-9:15AM 11:15AM-1PM 3-5PM 6-7:30PM	Virtual Coach 7:30-9:45AM 11AM-1PM 3:30-5:30PM 7:15-8:15PM	Virtual Coach 7:30-8:30AM 12-2PM 4-5:30PM 7-9PM	Virtual Coach 7:30-8:30AM 11AM-1PM 4:15-6:15PM	Virtual Coach 7:30-8:30AM 12-2PM 4-5:30PM 7:15-8:15PM	Virtual Coach 7:30-8:30AM 9:30-10:30AM 12-2PM 4-6:30PM	Virtual Coach 8-9:30AM 11AM-1PM 3-5PM 6-7:30PM
KINSMEN SPORTS CENTRE	9-10AM SURGE 10:15-11AM xx SURGE	5-5:45PM xx SURGE	6:30-7:30AM SURGE 6:30-8PM ENDUR+BRICK	5:30-6:30PM SURGE	6:30-7:30AM SURGE		8-9:30AM ENDUR+BRICK <i>*Starts Nov 2*</i> 10-10:45AM SURGE
	Virtual 3-4:30PM	Virtual 6-7PM	Virtual 7:30-9PM	Virtual 7:15-8:45PM		Virtual 6:30-8PM	Virtual 6-7:30PM
		Virtual Coach 7:30-8:30AM 12-12:45PM	Virtual Coach 9-10AM 12-12:45PM 4:30-5:15PM	Virtual Coach 7-8AM 12-12:45PM 4:30-5:15PM	Virtual Coach 9-10AM 12-12:45PM 4:30-5:15PM	Virtual Coach 7-8AM 9:15-10:15AM 12-12:45PM 3:30-5:30PM	Virtual Coach 11AM-12PM
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:30-10:30AM SURGE	6-7AM REV 10:15-11AM xx SURGE 4:30-5:30PM xx (REV+Strength Family Friendly) 6-7:15PM ++ (REV+Yoga Flow) 7:30-8:30PM (REV+Barre)	6-6:30AM xx SURGE 9:30-10:30AM SURGE 10:45-11:45AM (+Strength GOLD) 6:15-6:45 xx REV - FAMILY 7-8PM SURGE	9:30-10:45AM++ (REV+Yoga Flow) 6-7PM SURGE 7:30-8:30PM (REV+Barre)	6-7AM (REV+Strength) 9-10AM (+Strength GOLD) 10:15-11:15AM (REV+Strength) 5:30-6:30PM SURGE	9:30-10:30AM REV	8:45-9:45AM SURGE 10:30-11:30AM (REV+Strength)
	Open Spin Virtual Scenic is available when the Power Studio is not booked with programs. Please see the daily schedule online for availability.						
THE MEADOWS COMMUNITY RECREATION CENTRE	10:10-10:40AM xx REV	9:30-10:15AM REV 6-6:45PM xx SURGE	9:15-9:45AM xx SURGE 6-6:30PM xx REV	9-9:45AM xx SURGE 6:40-7:10PM xx REV	9:15-10AM xx SURGE 6-6:45PM xx REV	9:15-10AM xx SURGE	8:45-9:45AM SURGE

Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
CYCLE - REV	3-4	Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! For Family Friendly classes: Children must be 8 years or older & must be at least 4'8" (142 cm) to attend.
CYCLE - SURGE	3-5	Watch your performance SURGE forward in this drill-focused cycle class. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more!
CYCLE - ENDURANCE+ BRICKS	3-5	Does your training schedule require you to spend long periods of time on your bike? Looking for a great Brick workout that will develop your "running legs" after the bike? If the answer to these questions is YES, join us for an Endurance Cycle AND/OR Brick workout led by our NCCP Triathlon Training Coaches. Please bring your own bike; bike trainers will be provided. Limited number of spin bikes available.
REV+BARRE	2-4	REV up the burn with a total body workout - from sweating on the bike to working the core, glutes, arms and thighs with Barre-style training. This class starts with 30 minutes of high energy cycling followed by a 30 minute Barre/Core segment.
REV+STRENGTH	3-5	REV up that metabolism with 30 minutes of heart pounding cycling cardio and 30 minutes of strength training. Get the best of both worlds!
REV+STRENGTH GOLD	2-4	Challenge yourself with this older adult friendly fusion of fun, low impact cardio on the spin bike and strength training utilizing a variety of types of fitness equipment.
REV+YOGA FLOW	3-5	This fusion class is the perfect combination of work for the mind and body. Work hard with 30 minutes of heart pumping spin followed by 45 minutes of a strong Flow-style Yoga practice.
VIRTUAL		Go for a bike ride at your own pace, and enjoy the scenery on screen along the way. There will be no coaching for this workout.
VIRTUAL COACH		Led by a virtual instructor who will coach you through your cycling workout as you explore various destinations from the comfort of the "Spin Garage".
OPEN CYCLE VIRTUAL SCENIC		Go for a bike ride at your own pace and enjoy the scenery along the way. There will be no coaching for this workout.