

ADULT/YOUTH | DROP-IN PROGRAM SCHEDULE

FALL 2019 | SEP 1 - DEC 21

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN DRYLAND SCHEDULE							
Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (**) are less than 60 minutes. For Program Descriptions and Intensity Ratings, please see below.							
	SUN	MON	TUE	WED	THU	FRI	SAT
FITNESS CENTRE	7AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6:30AM-10PM
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
AMPED (FH)		9:30-10:30AM 6-7PM	7-8PM	9:30-10:30AM	7-8PM (OUTDOOR) *Ends Sep 26*	9:25-10:25AM	
CYCLE - ENDURANCE+ BRICK ++ (FH)			7:30-9PM *Starts Oct 22*				8-9:30AM *Starts Nov 2*
CYCLE - SURGE (SG)	9-10AM 10:15-11AM**	5-5:45PM **	6:30-7:30AM	5:30-6:30PM	6:30-7:30AM		10-10:45AM
CYCLE - VIRTUAL (SG)	3-4:30PM	6-7PM	7:30-9PM	7:15-8:45PM		6:30-8PM	6-7:30PM
CYCLE - VIRTUAL COACH (SG)		7:30-8:30AM 12-12:45PM	9-10AM 12-12:45PM 4:30-5:15PM	7-8AM 12-12:45PM 4:30-5:15PM	9-10AM 12-12:45PM 4:30-5:15PM	7-8AM 9:15-10:15AM 12-12:45PM 3:30-5:30PM	11:15AM-12:15PM
ELEVATE (FTC)							8-9AM
ESSENTRICS - STRETCH & TONE (PS)			10:45-11:45AM			10:30-11:30AM	
EVOLVE xx		12:10-12:55PM (PS)		6:15-7PM (FH)			
FLEXIBILITY & MOBILITY ** (TS)		7:10-7:30PM	1:05-1:25PM (PS) 8:10-8:30PM				9:30-9:50AM 10:50-11:10AM
FORCE (PS)			9:30-10:30AM	12:10-12:55PM xx	5:15-6:15PM		12-1PM
GRIT (FTC)			8-9AM		8-9AM		
HARD CORE xx (FH)	11:10-11:30AM		9:10-9:30AM		9:10-9:30AM	9-9:20AM	9-9:20AM
INTENSITY - H.I.I.T. xx						5:30-6:15PM	
INTENSITY - H.I.I.T. the STEP! (PS) xx							11:15AM-12PM
INTENSITY - TABATA xx(PS)			6-6:45PM		6-6:45PM		
LIVING FIT (PS)		9:15-10:15AM		9:15-10:15AM	10:55-11:55AM	9:15-10:15AM	
OBSTACLE-FIT (FH)				7:15-8:15PM			9:45-10:45AM
PILATES (PS)			12-1PM	11AM-12PM			
STEP (PS)	11:15AM- 12:15PM (Basics)	5:30-6:30PM (ADV)	5:30-6:15PM (INT/ADV)				
STEP+STRENGTH (PS)	9:45-11AM ++						8:40-9:55AM ++
STROLLER FIT ++ (FH)		9:45-11AM	9:45-11AM			10:30-11:45AM	
STRONG by ZUMBA™ (KR)		7-7:45PM					
YOGA - HATHA (PS)	2-3:15PM ++ (INT) 3:30-4:45PM++	10:45AM-12PM ++ 7-8PM	6:30-7:45PM ++	1-2PM (HAPPY HIPS)	9:15-10:45AM ++	12-1:15PM ++	2-3:15PM ++
YOGA - POWER (PS)						6:30-7:30PM	
YOGA - FLOW (PS)			8-9PM				
YOGA - YIN (PS)			2-3:15PM xx		6:30-7:45PM ++		
YOGA PILATES FUSION (PS)					12-1PM		
ZUMBA™ (PS)				6-7PM 7:15-8:15PM			10:05-11:05AM
ROOM DESCRIPTIONS: *FH = Field House *KR = Kinetite Room *PS = Program Studio *TS = Training Studio *SG = Spin Garage *VB5 = Volleyball Court #5 *FTC = Fieldhouse Functional Training Centre							

*Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes.



Activity Descriptions & Intensity Rating		
AMPED	3-4	Get your body AMPED up with heart-pumping cardio drills combined with resistance training exercises. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed! Classes will go run outside in appropriate weather.
CYCLE - ENDURANCE+BRICK	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.Wind Trainer & Spin Bike Tickets (1/person) will be available 30 min. prior to class time from the Admissions Desk.
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! Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
CYCLE - VIRTUAL	2-4	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.
CYCLE - VIRTUAL COACH	2-4	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”
ELEVATE	3	ELEVATE your training with this total body circuit-style class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning.
ESSENTRICS™ - STRETCH & TONE	1-2	Rebalance the body, prevent and treat injuries, and unlock tight joints through a dynamic and fluid combination of strengthening and stretching. Essentrics gives you the strength and flexibility to Live Active.
EVOLVE	3-4	Watch yourself EVOLVE in this progression-based class! Each month will have a different focus, building up to the month-end Challenge class, where you get to see how much you've evolved.
FLEXIBILITY & MOBILITY	1-2	Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain.
FORCE	3	Become a FORCE to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
GRIT	3-4	Think you've got GRIT? Challenge your body and exceed what you thought was possible in this hard hitting circuit-style class.Through a variety of cardio, strength, plyometric and core training exercises, feel the burn and push the limits.
HARD CORE	2-3	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
INTENSITY - H.I.I.T.	4-5	Maximize your INTENSITY with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
INTENSITY - H.I.I.T. the STEP!	3-5	Step up your game! Improve your cardio fitness, agility and coordination. Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. All levels welcome. No prior step experience required.
INTENSITY - TABATA	4-5	Take up the INTENSITY with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.
LIVING FIT	2-3	Exercises specifically designed for the active older adult. A variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
OBSTACLE-FIT CONDITIONING	3-5	Obstacle course fitness conditioning combines strength and endurance training for an amazing workout designed to both challenge and improve your skills, speed, strength and agility while testing your mental toughness. This class will have you ready to tackle any obstacle and conquer any course! In good weather, this class may go outside.
PILATES	3	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
STEP	2-5	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. Please see the schedule for the class title to determine the level of this class.
STEP+STRENGTH	3-4	Step right up! Improve your strength, cardio and coordination with a combination of classic Step moves and weight training exercises. Some step experience is recommended.
STROLLER FIT	3-4	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. Classes are taught by instructors certified in Pre/Postnatal fitness. All children must remain strollers. In good weather, this class may go outside.
ZUMBA™ - STRONG	3-4	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
YOGA - FLOW	3-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
YOGA - HAPPY HIPS	3	Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.
YOGA - HATHA	3	Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.
YOGA - HATHA GENTLE	2-3	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
YOGA - HATHA INTERMEDIATE (INT)	3-4	Intended for experienced yogis. This class works on a balance between strength and flexibility with a focus on technique and detailed alignment while building endurance and improving awareness of breath and posture. More challenging balances, inversions, floor and standing poses will be given to build on your yoga foundation and knowledge.
YOGA - POWER	3-4	Intended for experienced yogis. Inspired by the Ashtanga practice, this class connects breath to movement and flows at a faster rhythm to increase stamina, strength, flexibility and balance. It begins with a series of sun salutations and standing postures, including balancing and inversions, followed by more challenging floor poses.
YOGA - YIN	2-3	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body’s connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
YOGA PILATES FUSION	3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.

ZUMBA™	3	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.
INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		

