

## CITY WIDE DROP IN INTERVAL-BASED SCHEDULE | SPRING 2019 | MAR 31 - JUN 29

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

### DROP-IN INTERVAL-BASED PROGRAM SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

BOOT CAMP classes are in **BLACK** | CIRCUIT TRAINING classes are in **PURPLE** | HIIT classes are in **BLUE** | TABATA classes are in **RED**

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>CLAREVIEW COMMUNITY RECREATION CENTRE</b>		9:15-10:15AM 7:15-8PM xx	7:45-8:45PM	6:30-7:15AM 6:30-7:15PM		10:30-11:30AM (Stroller Friendly)	9:15-10AM xx
<b>COMMONWEALTH COMMUNITY RECREATION CENTRE</b>		9:15-10AM xx 6-6:45PM xx	10:30-11:30AM (Stroller Friendly)	6-6:45PM xx	9:15-10AM xx 7:15-8PM xx	6:30-7:15AM xx 6-7PM	
<b>HARDISTY FITNESS &amp; LEISURE CENTRE</b>	9-10:15AM ++						
<b>KINSMEN SPORTS CENTRE</b>		9:30-10:30AM 6-7PM	8-9AM 6-6:45PM xx 7-8PM	6-7PM	8-9AM 6-6:45PM xx	9:25-10:25AM	8-9AM
<b>LONDONDERRY LEISURE CENTRE</b>		7:30-8PM xx					
<b>MILL WOODS RECREATION CENTRE</b>		7:15-8:15PM			7:15-8PM xx		
<b>ST FRANCIS XAVIER SPORTS CENTRE</b>		8-9AM 6-7PM		8-9AM 6-7PM		8-9AM	10-11AM
<b>TERWILLEGAR COMMUNITY RECREATION CENTRE</b>		9-10AM 11:30am-12:30PM (Stroller Friendly) 6:10-7:10PM	9-10AM 10:15-11:15AM 11:30AM-12:30PM (Stroller Friendly))	6-6:45AM xx 9-9:45AM xx 9:15-10:15AM 11:30AM-12:30PM (Stroller Friendly) 7:15-8:15PM	11:30AM-12:30PM (Stroller Friendly) 6-6:45PM xx	6-6:45AM xx 9:15-10:15AM 6-7PM	10-10:45AM xx
<b>THE MEADOWS COMMUNITY RECREATION CENTRE</b>		6-6:45PM xx 7-8PM	5-5:45PM xx 7:15-8PM xx	10:45-11:30AM xx 6-6:30PM xx 7-7:50PM	9:10-10:10AM 10:40-11:10AM 5-5:45PM xx	5:45-6:30PM xx	9-9:30AM xx

### ACTIVITY DESCRIPTIONS & INTENSITY RATING

<b>BOOT CAMP</b>	3-5	Heart-pumping cardio drills combined with strength exercises using a variety of equipment. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed! For 'Stroller-Friendly' classes, all children must remain strollers.
<b>CIRCUIT TRAINING</b>	3-5	Try out this total body interval-style class that targets your entire body with a variety of cardio, strength, plyometric and core training exercises. Maximize calorie burn and total body conditioning.
<b>H.I.I.T.</b>	4-5	H.I.I.T. is a full-body workout of rigorous interval training with high-intensity exercises. H.I.I.T. will build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
<b>TABATA INTERVAL TRAINING</b>	4-5	Tabata will take you through a total body workout that is fast paced and guaranteed to make you sweat! Each set is four minutes long alternating between twenty seconds of maximum effort followed by ten seconds of rest for a total of eight rounds.
<b>INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise   2 = Light Intensity   3 = Moderate Intensity   4 = Vigorous Intensity   5 = Max Effort Intensity</b>		

