

CITY WIDE DROP IN SPIN SCHEDULE | HOLIDAY 2018/19 | DEC 23 - JAN 5

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

NO LEADER-LED PROGRAMS OR KIDS DEN ON STATUTORY HOLIDAYS: DECEMBER 25, DECEMBER 26 & JANUARY 1

DROP-IN SPIN 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.

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:30AM			6:30-7:15PM **			
COMMONWEALTH COMMUNITY RECREATION CENTRE				9-9:30AM **	6:15-7PM **		9:45-10:45AM
	Virtual Coach 8-9:15AM 11AM-1PM 3-5PM 6-7:30PM	Virtual Coach 7:30-9:45AM 11AM-1PM	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 10:15-11AM ** (Tabata)			5:30-6:30PM	6:30-7:30AM 7-7:45PM		
	Virtual 3-4:30PM		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 3:30-4:30PM	Virtual Coach 11:15AM-12:15PM
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:30-10:30AM	10:15-11:15AM		10:15-11:30AM (&Yoga Flow) 6-7PM 7:30-8:30PM (&Barre)	9-10AM (&Strength GOLD) 10:15-11:15AM (&Strength) 5:30-6:30PM	9:30-10:30AM	8:45-9:45AM 10:30-11:30AM (&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		9:30-10:15AM		9-9:45AM ** 6:40-7:10PM **	9:15-10AM ** 6-6:45PM **	9:30-10:30AM	8:45-9:45AM

Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk. Instructors will collect tickets prior to class commencing.

ACTIVITY DESCRIPTIONS & INTENSITY RATING		
SPIN	3-5	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!
FAMILY FRIENDLY	1-3	Improve your cardio and muscular strength as a family! This family-friendly fun 30 minute spin class is a fun way to work out together. Children must be 8 years or older & must be at least 4'8" (142 cm) to attend.
& BARRE	2-4	This class starts with 30 minutes of high energy cycling followed by a 30 minute Barre/Core segment. This will be a total body workout from sweating on the bike to working the core, glutes, arms and thighs with Barre-style training.
& STRENGTH	3-5	Rev up that metabolism with 30 minutes of heart pounding cardio and 30 minutes of strength training using TRX, weights and a variety of other fitness equipment. Get the best of both worlds!
& 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.
& 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.
& YOGA HATHA	2-4	This fusion class is the perfect combination. Work hard with 30 minutes of heart pumping spin followed by unwinding your mind and body with 30 minutes of a gentle Yoga practice.
SPIN - TABATA	3-5	This 45-minute class maximizes your training time with high intensity intervals for maximum effort.
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 SPIN 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.

