

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE

| **SPRING 2019 | MAR 31 - JUN 29**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS

DROP-IN DRYLAND SCHEDULE

Family Friendly (8+) classes are in **ORANGE**. All other classes are for patrons 13+ yrs. 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.

PROGRAM RATING ↑	SUN	MON	TUE	WED	THU	FRI	SAT
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
BOOT CAMP (S204)			5-5:45PM **		5-5:45PM **		
CIRCUIT TRAINING (FTC)		7-8PM		7-8PM	9:10-10:10AM (GYM)		
CORE EXPRESS xx (S204)		10:15-10:35AM 7:05-7:25PM(S203)	9:55-10:15AM (S203) 6:40-7PM (S203)	10:20-10:40AM	10:10-10:30AM (S203)		10:05-10:25AM
ESSETRICS™ - STRETCH & TONE (S204)		1-2PM			11:30AM-12:30PM		
ESSETRICS™ - REBALANCE & RESTORE (S204)				1:30-2:15PM <i>*Starts April 10*</i>			
FLEXIBILITY & MOBILITY xx (MPR208)		9:30-9:50AM 8:05-8:25PM (S203)	10:35-10:55AM	8:10-8:30PM (S203)		10:10-10:30AM (S203) 11:30-11:50AM	9:40-10AM (S204)
H.I.I.T. (S204) xx			7:15-8PM				
H.I.I.T. the STEP! (S204) xx		5-5:45PM		5-5:45PM 10:45-11:30AM			
LIVING FIT (S204)			10:15-11:15AM		10:15-11:15AM		
POWER PUMP (S204)	9-10AM						
SPIN (S203)	8:20-8:50AM ** 10:15-11AM**	9:30-10:15AM ** 7:30-8PM **	9:15-9:45AM ** 6-6:30PM **	9-9:45AM ** 6:40-7:10PM **	9:15-10AM ** 6-6:45PM **	9:15-10AM**	8:45-9:45AM 10:30-11AM **
SPIN & YOGA HATHA (S203)		6-7PM					
STROLLERCIZE (GYM)		10-11AM	10:15-11:15AM	10-11AM	10:20-11:20AM	10:15-11:15AM	
TABATA (S204)		6-6:45PM **		6-6:30PM **	10:40-11:10AM xx (S203)	5:45-6:30PM **	
TAI CHI (S208)				12:15-1:15PM			
TOTAL BODY BARRE (S204)		10:45-11:30AM **		6:45-7:30PM **			8:45-9:30AM **
TOTAL BODY BLAST (S204)		9:15-10:15AM			7:15-8PM xx	9-10AM	10:35-11:35AM
TOTAL BODY STRENGTH (S204)			10:25-10:55AM ** (S203) 8:15-9PM **	9:15-10:15AM 7:15-7:45PM xx (S203)			
WALKING FOR HEALTH (TR)		11:45AM-12:45PM					
YOGA - CHAIR (MPR208)		2-3PM		9:30-10:30AM		9:30-10:30AM	
YOGA - HAPPY HIPS (MPR208)		11:30AM-12:45PM xx		6:15-7:15PM	10:45-11:30AM		
YOGA - HATHA GENTLE (MPR208)			11:30AM-1PM (+Meditation)	5-6PM			
YOGA - HATHA (MPR208)	9-10AM	10-11AM	9:30-10:30AM 7-8PM	10:45-11:45AM	9:30-10:30AM (Women's Only) 5:45-6:45PM		8:30-9:30AM
YOGA - FLOW (MPR208)		6-7PM					
YOGA - R&R (MPR208)	7-8PM				7-8PM	12-1PM	
ZUMBA™ (S204)		7-8PM	9-10AM 6-7PM	7:45-8:45PM	9-10AM 6-7PM	10:45-11:45AM	11:45AM-12:45PM 1-2PM
ZUMBA™ - GOLD (S204)		11:45AM-12:45PM		11:45AM-12:45PM			
ZUMBA™ - STRONG (S204)	3:45-4:45PM	8:15-9:15PM				6:45-7:45PM	

ROOM DESCRIPTIONS: *FTC = Functional Training Centre | *MPR208 = Multi-purpose Rm 208 | *S203 = Studio 203 | *S204 = Studio 204 | *Gym = Gymnasium

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

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ACTIVITY DESCRIPTIONS & INTENSITY RATING

BOOT CAMP	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!
CIRCUIT TRAINING	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.
CORE EXPRESS	1-3	Get to the CORE of the matter. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
ESSENTICS™ - STRETCH & TONE	1-3	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 your life.
ESSENTICS™ - REBALANCE & RESTORE	1-2	A slow and gentle, full body stretch that increases mobility, improves flexibility, and relieves chronic aches, pains and joint stiffness. Build an overall stronger and more mobile body to balance and restore yourself.
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.
H.I.I.T.	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!
H.I.I.T. the STEP!	3-4	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.
LIVING FIT	2-4	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.
POWER PUMP	2-4	Get your PUMP on with barbells and plates. This workout increases muscular strength through endurance training, designed to burn fat, shape muscles and provide a sense of emPOWERment in a fun, high energy class.
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! 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. For Family Friendly classes, children must be 8 years or older & must be at least 4'8" (142 cm) to attend.
SPIN & 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.
STROLLERCIZE	3-5	Strollercize is a functional, total-body conditioning workout combining cardio and strength, designed for parents to exercise with their kids in tow. All children must remain in strollers.
TABATA INTERVAL TRAINING	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.
TAI CHI	1-2	Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone.
TOTAL BODY BARRE	2-4	This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body.
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism, alternating between cardio and strength exercises, focusing on building endurance.
TOTAL BODY STRENGTH	3-4	Improve your strength and stability with a variety of exercises utilizing your body weight and weighted equipment. No-cardio required to work hard in this class!
WALKING FOR HEALTH	1-3	Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used. In good weather class may go outside.
YOGA - CHAIR	1-3	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA- HAPPY HIPS	2-3	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	2-3	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. For Family Friendly classes, children must be 8 years or older to attend. Women's Only - This class is designed specifically for women, taught by a female instructor.
YOGA - HATHA GENTLE	1-2	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 - FLOW	2-4	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 - RELAX & RESTORE (R&R)	1-2	Intended for everybody seeking to Relax & Restore harmony in body and mind. R&R is a blended Yin and Restorative inspired deep stretch and meditative focused class. Promotes deep tranquility and awareness through supportive poses aided by the use of props so that you can relax completely and open gently.
ZUMBA™	2-4	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
ZUMBA™ - GOLD	1-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
ZUMBA™ - STRONG	3-5	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.

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

