

ADULT/YOUTH | DROP-IN PROGRAM SCHEDULE

FALL 2018 | SEP 2 - DEC 22

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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
BARRE w/ BABY					1:15-2:15PM		
BOOT CAMP (FH)		9:30-10:30AM 6-7PM	7-8PM	6-7PM		9:25-10:25AM	
CIRCUIT TRAINING (FTC)			8-9AM		8-9AM		8-9AM
CIRCUIT TRAINING GOLD (FTC)			10:45-11:45AM		10:45-11:45AM		
CORE EXPRESS (FH) **	11:10-11:30AM		9:10-9:30AM		9:10-9:30AM	9-9:20AM	9-9:20AM
ENDURANCE CYCLE/BRICKS (FH)							8-9:30AM ++ *Starts Oct 20*
FLEXIBILITY & MOBILITY (PS) ** (TS)		7:10-7:30PM	1:05-1:25PM (PS) 8:10-8:30PM	1:30-1:50PM (PS)			9:30-9:50AM 10:50-11:10AM
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 CORE (PS)			12-1PM	11AM-12PM	2:30-3:30PM		
SPIN (SG)	9-10AM 10:15-11AM ** (TABATA)	6:15-7:15AM (& Strength) 5-5:45PM **	6:30-7:30AM	5:30-6:30PM	6:30-7:30AM 7-7:45PM	5:15-6:15PM	10-11AM
SPIN - VIRTUAL (SG)	3-4:30PM	6-7PM	7:30-9PM	7:15-8:45PM		6:30-8PM	6-7:30PM
SPIN - 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 3:30-4:30PM	11:15AM-12:15PM
STEP (PS)	11:15AM-12:15PM (BASIC)	5:30-6:30PM (ADV)	5:15-6:15PM (INT/ADV)				11:15AM-12PM ** (INT)
STEP & STRENGTH (PS)	9:45-11AM ++						8:40-9:55AM ++
STROLLERCIZE ++ (FH)		9:45-11AM	9:45-11AM			10:30-11:45AM	
TABATA INTERVAL TRAINING (FH)			6-6:45PM **		6-6:45PM **		
TAI CHI (PS)			10:45-11:45AM				
TOTAL BODY BARRE (PS)					8-8:45PM **		
TOTAL BODY BLAST (PS)		12:10-12:55PM **		9:30-10:45AM (FH)		5:15-6:15PM	
TOTAL BODY STRENGTH (PS)			9:30-10:30AM	12:10-12:55PM xx	5:15-6:15PM		12-1PM
WALKING FOR HEALTH (TR)			9:30-10:30AM		9:30-10:30AM		
YOGA - ATHLETIC (KR)		6-6:45PM **					
YOGA - HATHA (PS)	2-3:15PM ++ (INT) 3:30-4:45PM ++	10:45AM-12PM ++ 7-8:15PM (KR) (& Meditation)	6:30-7:45PM ++	2-3PM (Happy Hips) 6-7PM (KR) (GENTLE) 7:15-8:15PM (INT) (KR)	9:15-10:45AM ++	12-1:15PM ++	2-3:15PM ++
YOGA - POWER ++ (PS)						6:30-7:45PM	
YOGA - FLOW (PS)			8-9PM		8-9PM (KR)		
YOGA - YIN (PS)			2-3:15PM xx		6:30-7:45PM ++		
YOGA PILATES FUSION (PS)					12-1PM		
ZUMBA (PS)		6:45-7:45PM (STRONG)		6-7PM 7:15-8:15PM		10:30-11:30AM	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

Activity Descriptions & Intensity Rating		
Barre w/ Baby	1-3	A dynamic workout inspired by a mix of dance, strength, Pilates and Yoga utilizing the ballet barre and other equipment. Designed for moms with babies 6 weeks - 9 months old (before they are mobile). Babies must be worn/strapped to mom for class.
Boot Camp	3-5	Personalized whole - body workouts that are both challenging and fun! Prepare to 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.
Circuit Training Gold	2-3	Improve your strength, mobility, flexibility and balance while enhancing cardiovascular health with this interval-style class. This class is designed for active older adults, providing a variety of low-impact exercises utilizing both your bodyweight and functional equipment.
Core Express	1-3	Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
Endurance Cycle/Bricks	4-5	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.
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.
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.
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! Children must be 8 years or older to attend the Family class.
Pilates Core	3	Classic Pilates exercises done on the mat with emphasis on core strength and stretching. This class will help you get sculpted abs as well as improve your posture, spinal mobility, balance and flexibility. All levels welcome.
Spin	3-5	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music. Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
Spin - 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.
Spin - 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”
Step	2-5	This choreographed class uses a step platform to kick your cardio up a notch. Please see the schedule for the class title to determine the level of this class.
Step & Strength	2-4	Combine classic step moves with resistance exercises for a full-body workout. Some step experience is recommended.
StrollerCize	3-5	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain strollers. In good weather, this class may go outside.
Tabata Interval Training	4-5	Tabata will take you through a total body workout that is fun and fast paced. Each set is four minutes long alternating between twenty seconds of max training 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	Set to upbeat music, Barre combines movements from Ballet, Pilates and Yoga while using the barre, light weights and resistant bands.
Total Body Blast	3-4	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises.
Total Body Strength	3-4	Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities. All levels welcome.
Walking for Health	1-3	Take a walk around the track with an experienced instructor. The use of light weights and other exercises may be used. In good weather, this class may go outside.
Yoga - Athletic	3-4	Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life.
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 - 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	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture
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 - 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	4-5	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	2-4	Yin yoga is an increasingly popular slow-paced, meditative style of yoga, practiced mainly on the mat with poses that are held passively for several minutes at a time. It focuses on the body’s connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility. Suitable for all levels. Yoga mats are not provided.
Yoga Pilates Fusion	2-3	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga/Pilates mats are not provided.
Zumba	2-4	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
Zumba - Strong	3-5	STRONG by Zumba™ is a brand new fitness class brought to you by the creators of Zumba. STRONG is not a dance class but is a stand-alone new fitness class format. This class combines high intensity interval training with Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Strong is a High Intensity, total body workout that uses your own body weight for a workout like no other.
Intensity Rating Scale: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		

