

ADULT/YOUTH | DROP-IN PROGRAM SCHEDULE

| WINTER 2019 | JAN 6 - MAR 30

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
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				
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 ++
FLEXIBILITY & MOBILITY ** (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
H.I.I.T. the STEP! (PS) xx							11:15AM-12PM
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	2:30-3:30PM		
SPIN (SG)	9-10AM 10:15-11AM ** (TABATA)	5-5:45PM **	6:30-7:30AM	5:30-6:30PM	6:30-7:30AM 7-7:45PM		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 3:30-5:30PM	11:15AM-12:15PM
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 ++
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)			9:15-10:15AM				
YOGA - HAPPY HIPS (KR)		6-6:45PM xx		2-3PM (PS) 6:45-7:45PM			
YOGA - HATHA (PS)	2-3:15PM ++ (INT) 3:30-4:45PM++	10:45AM-12PM ++ 7-8PM (KR)	6:30-7:45PM ++		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. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes.

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.
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. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
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. Please bring your own bike; bike trainers will be provided. Extremely limited number of spin bikes available.
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. 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.
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!
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.
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 (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	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	2-4	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.
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 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.
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	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	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	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	2-3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
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™ - 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		