

ADULT/YOUTH | DRYLAND 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

FACILITY HOURS ON STATUTORY HOLIDAYS : 8:00AM - 8:00PM							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM

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
CORE EXPRESS (ST)		7-7:20PM					
H.I.I.T. the STEP! (ST)				6:15-7:15PM			
STEP - INT/ADV (ST)							8:45-9:55AM
TABATA INTERVAL TRAINING (ST)		7:30-8PM xx					
TOTAL BODY BLAST (ST)					6:15-7:15PM		
TOTAL BODY STRENGTH (ST)		6-6:45PM xx					
YOGA - HATHA (ST)			6:15-7:15PM	7:30-8:30PM	7:30-8:30PM		
ZUMBA™ (ST)	10-11AM				11AM-12PM		
ROOM DESCRIPTION : ST = STUDIO							

ACTIVITY DESCRIPTIONS & INTENSITY RATING		
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.
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.
STEP - INT/ADV	3-5	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. This is an Intermediate to Advanced class. Some Step experience is recommended.
TABATA INTERVAL TRAINING	4-5	This class will take you through a total body workout that is fun and fast paced. Each set of tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds.
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!
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.
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.
INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		

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