

ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE | SPRING 2018 | APR 1 - JUN 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	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE & RACQUET COURTS	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
BIRTHDAY PARTY & CASUAL RENTAL TIME						9-10PM	9-10PM

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
STEP & STRENGTH (PR)				6:15-7:15PM			
TABATA INTERVAL TRAINING (PR)					7:15-8PM xx		
TOTAL BODY BLAST (PR)		6:15-7:15PM		9:30-10:30AM		9:30-10:30AM	
YOGA - HATHA (PR)		7:30-8:30PM		7:30-8:30PM			
YOGA - YIN (PR)							10:30-11:30AM
ZUMBA (PR)	10-11AM		6-7PM		6-7PM	5:30-6:30PM	
ROOM DESCRIPTION : PR = PROGRAM ROOM							

ACTIVITY DESCRIPTIONS & INTENSITY RATING	
STEP & STRENGTH (3-4)	This class format combines classic step moves with resistance exercises for a full-body workout. Some step experience is recommended.
TABATA INTERVAL TRAINING (3-5)	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 drills and strength building exercises. All levels welcome
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 - 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.
ZUMBA (2-4)	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party!
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