

INDOOR PROGRAM SCHEDULE | SUMMER 2021 | JUL 12 - SEP 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN FITNESS SCHEDULE

MIND/BODY = BLUE | STRENGTH & CONDITIONING = BLACK | ZUMBA = RED

	SUN	MON	TUE	WED	THU	FRI	SAT
INDOOR PROGRAM SCHEDULE							
INDOOR AM		9-10AM TOTAL BODY BLAST Zhauhara 10:30-11:30AM ZUMBA Elitsa	10:15- 11:15AM YOGA HATHA Elitsa	10:30-11:30AM ZUMBA Christina M	10:15-11:15AM YOGA HATHA Jamie		9:15-10AM H.I.I.T. Elaine 10:15- 11:15AM ZUMBA Lisette
INDOOR PM		6:30-7:30PM TOTAL BODY BLAST Ioana	6:15-7:15PM ZUMBA Lisette 7:30-8:30PM YOGA H Rouba	6:30-7:30 PM BOOT CAMP Ioana	6:30-7:30 PM ZUMBA Ashley		

**Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes. As well, please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.*

ACTIVITY DESCRIPTIONS & INTENSITY RATING

BOOT CAMP	3-5	Challenge your mental & physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are challenging and fun. Prepare to sweat and be pushed!
H.I.I.T. & TABATA	4-5	Maximize your INTENSITY with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty! Tabata is typically a 20 sec of work, with 10 sec of rest for several intervals (usually 8).
TOTAL BODY BLAST	3-4	Boost your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina.
TOTAL BODY STRENGTH	3-4	Become a force to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
YOGA HATHA	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 YIN	3	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™	3	Take the "work" out of workout, by mixing low 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® 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

