

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE | SUMMER 2018 | JUL 1 - SEP 1

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DROP-IN DRYLAND SCHEDULE							
Family Friendly (8+) classes are in ORANGE . All other classes are for patrons 13+ yrs. 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.							
PROGRAM RATING ↑	SUN	MON	TUE	WED	THU	FRI	SAT
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
BOOT CAMP (S204)			5-5:45PM **		5-5:45PM **		
CIRCUIT TRAINING (FTC)		7-8PM	9-10AM	7-8PM	9:10-10:10AM (GYM) 7-8PM		
CORE EXPRESS xx (S204)		10:15-10:35AM		10:20-10:40AM			10:05-10:25AM
ESSENTRICS (S204)					11:30AM-12:30PM		
FLEXIBILITY & MOBILITY xx		9:30-9:50AM (MPR208)				11:30-11:50AM (MPR208)	9:40-10AM ** (S204)
H.I.I.T. (S204)			7:15-8PM **	10:45-11:30AM **			
LIVING FIT (S204)			10:15-11:15AM		10:15-11:15AM		
POWER PUMP (S204)	9-10AM		11:30-12:30PM				
SPIN (S203)	10:15-11AM **	9:30-10:15AM **	6:15-7PM **	9-9:45AM ** 6:40-7:10PM **	9:15-10AM ** 6-6:45PM **	9:30-10:30AM	8:45-9:45AM
SPIN & BARRE (S203)		7-8PM					
STEP - BASICS (S204)						12-1PM	
STROLLERCIZE (GYM)		10-11AM	10:15-11:15AM	10-11AM	10:15-11:15AM	10:15-11:15AM	
TABATA (S204)		6-6:45PM **		6-6:30PM **		5:45-6:30PM **	
TOTAL BODY BARRE (S204)		10:45-11:30AM **		6:45-7:30PM **			8:45-9:30AM **
TOTAL BODY BLAST (S204)		9:15-10:15AM				9-10AM	10:30-11:30AM
TOTAL BODY STRENGTH(S204)			8:15-9PM **	9:15-10:15AM			
YOGA - CHAIR (MPR208)		2-3PM		9:30-10:30AM		9:30-10:30AM	
YOGA - HATHA GENTLE (MPR208)			11:30AM-1PM (+MEDITATION)			12-1PM	
YOGA - HATHA (MPR208)	10:15-11:15AM	10-11AM 12-12:45PM xx (HAPPY HIPS)	9:30-10:30AM 7-8PM	10:45-11:45AM 6:15-7:15PM	9:30-10:30AM (Women's Only) 11:30AM-12:30PM		8:30-9:30AM
YOGA - FLOW (MPR208)		6-7PM					
YOGA - R&R (MPR208)					6:30-7:30PM		
ZUMBA (S204)		7-8PM	9-10AM 6-7PM	7:45-8:45PM	9-10AM 6-7PM	10:45-11:45AM	11:45AM-12:45PM 1-2PM
ZUMBA - GOLD (S204)		11:45AM-12:45PM		11:45AM-12:45PM			
ZUMBA - STRONG (S204)		8:15-9:15PM				7-8PM	
ROOM DESCRIPTIONS: *FTC = Functional Training Centre *MPR208 = Multi-purpose Rm 208 *S203 = Studio 203 *S204 = Studio 204 *Gym = Gymnasium							

Activity Descriptions & Intensity Rating		
KIDS DEN		The Kids Den, a drop-in babysitting service, provides a fun and safe place for your child to be active while you enjoy the recreation facility. We provide a range of activities including puzzles, books, crafts, painting, colouring, games, music, songs, and an array of physical activity. Child minding is available for up to 2.5 hours for patrons of the facility. You must remain in the facility while your child is in the Kids Den, and cell phone contact is required. Ages newborn to 11 years.
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.
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.
ESSENTRICS	1-3	Improve flexibility, strength and range of motion with this dynamic Mind/Body class. This class incorporates stretching through continual movement to help elongate muscles and strengthen the joints. The benefits of Essentrics include improved posture, balance, core strength, injury prevention and even rehabilitation. All levels welcome.
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.	3-5	This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals.
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.
POWER PUMP	2-4	Get your pump on with barbells and plates to get a total body workout focusing on building strength and endurance.
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 will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk. Instructors will collect tickets prior to class commencing. For Family Friendly classes, children must be 8 years or older & at least 4'8" (142 cm) to attend .
SPIN & BARRE	2-4	This class starts with 30 minutes of high energy cycling followed by a 30 minute Barre/Core segment. This will be a total body workout from sweating on the bike to working the core, glutes, arms and thighs with Barre-style training.
STEP - BASICS	2-4	This choreographed class is made up of an invigorating cardio component followed by resistance work and stretching. This class is designed for beginners and those new to Step. No Step experience is required.
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	3-5	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.
TOTAL BODY BARRE	2-4	Set to upbeat music, Barre combines movements from Ballet, Pilates and Yoga while using the barre, light weights, and resistance bands.
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength endurance exercises.
TOTAL BODY STRENGTH	3-4	Will take you through a workout designed to increase your overall strength, setting you up for success in the daily activities of life.
YOGA - CHAIR	1-3	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
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. For Family Friendly classes, children must be 8 years or older to attend.
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 WOMEN’S ONLY	2-3	Same great practice as our Hatha class, but intended for women only and led by a female instructor.
YOGA - FLOW	2-4	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment. This class will involve strength and stamina through full body movements. Yoga Mats are not provided.
YOGA - RELAX & RESTORE (R&R)	1-2	Intended for everybody. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.
ZUMBA	2-4	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA - GOLD	1-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
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		

*Yoga mats are not provided