

Effective Jan. 4 - Mar. 7, 2010

A wrist band is required to access fitness classes.

		Class Max	beginner	intermediate	advanced	choreography	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Sunrise Sweat	20	●	■				6:30-7:15a		6:30-7:15a			
	Hatha Yoga	20	●	■									8:45-10:15a
	FAB (fifty and beyond) Ball-Fit	20	●	■			9:15-10:00a		9:15-10:00a		9:15-10:00a		
	FAB (fifty and beyond) Cardio	20	●	■		✓		9:15-10:00a		9:15-10:00a			
	Core Cardio	25		■								10:30-11:30a	
	Beginner Strength and Conditioning	25	●										10:30-11:30a
	Beginner Step	15	●			✓							11:45-12:45p
	Lunch On The Ball	25		■			12:15-12:45p		12:15-12:45p		12:15-12:45p		
	Hard Core	20		■	◆			12:15-12:45p		12:15-12:45p			
	Butts and Guts	25		■	◆					4:30-5:15p			
	Step	25		■	◆	✓	5:00-6:00p						
	TGIF	25		■	◆	✓					5:00-6:00p		
	Hi/Lo Step Explosion	25		■	◆	✓				5:30-6:30p			
	Pilates Mat	20	●	■		✓			8:00- 9:00p	10:15-11:15a			
Water	Aquafit		●	■	◆	✓	11:10-12:00p	8:10-9:00p	11:10-12:00p	8:10-9:00p	11:10-12:00p		
	Deep H2O Power 1/2 Hour		●	■	◆	✓		12:15-12:45p		12:15-12:45p			
	Deep Shallow Combo Aquafit		●	■	◆					8:10-8:55p			
	Oh My Aching Body		●					2:45-3:30p		2:45-3:30p			
	Aquajogging		●	■	◆		8:30-9:15p		8:30-9:15p				1:00-1:45p

**Some Classes have a maximum number, entrance is on a first come basis.**

*Sign up for drop-in fitness class will start 1 hour before the class for Members (Annual and Monthly) and 15 minutes before the class for all others (10 punch pass holders and drop-in).*

### Child Minding Ages 2 - 9 years

Drop-in child minding services are available for parents in the Canada Games centre.  
 Monday - Friday (Fieldhouse) 11:00 am - 1:00 pm  
 Monday - Thursday (Kids Club) 4:30 - 7:30 pm  
 30 minutes / \$2.50      5 hour punch card / \$20.00

- Beginner
- Intermediate
- ◆ Advanced

**TGIF – Ages 16 years +**

Here we go again! Join Adam every Friday evening for an intense step class that will get you ready to enjoy all your weekend sins. Cardio and core work is involved to enhance your total body workout. Get ready to end your work week and start your weekend off right!

**Hi/Lo Step Explosion - Ages 16 years +**

A mixture of High and Low intensity step aerobics with a blast of core stability and strength training. This class will challenge your mind and body in an explosive cardiovascular and strength training workout.

**FAB BallFit (Fifty and Beyond) – Ages 50 years +**

Increase balance, stability and body awareness in this fun and exciting fitness class. Discover new ways to challenge your body using the fitball and receive a total body-conditioning workout.

Participants are required to fill out a health PAR-Q

**FAB Cardio (Fifty and Beyond) – Ages 50 years +**

This Low Impact cardio workout will get your heart pumping, while not adding stress to your joints. Using either the Step bench or the Bosu learn basic step patterns, no jumping or running. Tone your body using light weights, increase balance, coordination and flexibility. Modifications can be made for all fitness levels.

**Lunch on the Ball - Ages 16 years +**

Pack your lunch and a workout into this short but sweet lunch hour program. You will use fitballs in a program designed to strengthen your abdominals, lower back and upper body, with a focus on core stability.

**Step - Ages 16 years +**

This aerobic workout includes intermediate level choreography on the step. You will increase your cardiovascular fitness as well as muscle endurance. All combined with pumping music to get your body moving, this workout is guaranteed to make you sweat!

**Hard Core - Ages 16 years +**

This lunch time class will challenge your core in a circuit style Bootcamp workout. This dynamic and exciting workout will increase your flexibility, strength, cardiovascular and muscular endurance, agility, coordination, balance and stability.

**Shallow Water Aquafit**

Muscles will be toned and strengthened without the aches and pains associated with exercising on dry land. Incorporates a warm up, cardio component, muscle strengthening and cooldown/stretch.

Classes are 50 minutes and take place in the shallow end of the Lap Pool.

**H<sup>2</sup>O Power 1/2 Hour**

A ZERO impact, deep water workout with varied levels of intensity. This aqua fitness class incorporates all the benefits of cardio and muscle focus with no contact on the bottom of the pool.

Classes are 30 minutes and take place in the \*deep end of the Lap Pool.

**Deep/Shallow Combo Aquafit**

Get the best of both worlds with this 45 minute combination class.

**Core Cardio - Ages 16 years +**

A total body workout stimulating cardiovascular fitness through active step and floor aerobics, sport conditioning, ball and circuit activities. Muscular strength and endurance will be targeted through resistance training.

**Butts and Guts - Ages 16 years +**

If you want to tone your abdominals as well as your thighs and glutes, then Butts and Guts is the class for you. You will run through exercises that are designed to target those “trouble areas”. Melt fat, tone muscles and burn some serious calories. Are you ready to feel the burn!

**Beginner Strength and Conditioning - Ages 16 years +**

Ready to learn the basics, this circuit style class will focus on proper strength training form and technique along with an introduction to free weights, fitballs, bosu’s, tubing and medicine balls. This class will give you the confidence to take your workout to the next level.

**Sunrise Sweat – Ages 16 years+**

Join our instructor for a morning blast that will wake you up and give you energy to make it through your day. This dynamic and exciting workout will increase your flexibility, strength, cardiovascular and muscular endurance, agility, coordination, balance and stability

**Sunday Hatha Yoga – Ages 16 years +**

This drop in Yoga class will strengthen stretch, tone and relax your entire body. Whether you are trying to get in shape, cope with tension from the office or relieve the tightness in your body from sports. This uplifting and refreshing class will clear your mind and get you focused to enjoy your day.

**Beginner Step – Ages 16 years +**

The name spells it out! This class is targeted for beginners and for anyone who has never stepped before, this class is a good way to learn the language and basics of step aerobics. This class is a medium intensity cardio workout focusing on simple step routines and choreography.

**Pilates Mat- Ages 16 years +** This is class works on essential mat exercises for participants working at a beginner to intermediate level. Previous experience in a Pilates Level 1 or Fundamentals is recommended to help you get the most of this class.

**“Oh My Aching Body”**

A therapeutic Aquatic Fitness class designed to relieve chronic pain conditions and aid in post surgical rehabilitation This Low-impact, leisurely-paced class is perfect for those just starting out in fitness and a good first step towards our regular aquafitness classes.

Classes are 45 minutes and take place in the warmer shallow Leisure Pool.

**Aquajogging**

Deep water class where participants are tethered in place wearing a flotation belt. Workouts include a combination of cardio, intervals and lactate threshold focus. Improves fitness, enhances cardiovascular function, strength, speed, power and agility.

Classes are 45 minutes and take place in the \*deep end of the Lap Pool

\*Those who are not comfortable in deep water can wear a belt in the shallow end to perform the suspended movements.