














NOVEMBER 14th - DECEMBER 17th FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00 AM		Rise n Shine Yoga 		Rise n Shine Yoga 				
8:00 AM								
9:00 AM	Cardio Kickboxing	Cycle/ Pilates 9:00am -10:30am		Total Body	Circuit Training			
10:00 AM	Track Interval *		Absolution NEW!		Tone & Stretch **	Preschool Tumblers	Bootcamp on Bikes (10:30am-11:30am)	
11:00 AM	Tone'n Stretch NEW!	Open Playground 11:30- 4:30pm 	Tone & Stretch NEW!	Open Playground 11:30 - 4:30pm 				
12:00 PM								
1:00 PM	Preschool Smorgasports				Preschool Fun Factory		Pools & Hot Tub closed for annual maintenance effective November 14th.	
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM	Muscle Attack! (New Time)	Cardio & Strength						
7:00 PM	emPower Yoga Combo 7:00pm -8:30pm 	Hatha Yoga 	BALL BLAST NEW!	Hatha Yoga 				
8:00 PM		Meditation Yoga						
9:00PM								

Please arrive 10 minutes prior to start of class to allow for proper set up. If you are joining a class for the first time, please notify the instructor prior to the start of class.

Please note: a warm up segment is essential. You may be denied access to participate if you arrive more than 10 minutes late for the start of the class. * downstairs track. ** dance studio

Registered Program	Drop in Program
---------------------------	------------------------

DROP IN CLASSES:

Cardio Kickboxing A combination class of martial arts inspired kicking and boxing, with upbeat music for a high energy workout.

Track Interval Join us in the fitness center on the cushioned track for this fitness challenge. Muscle toning and strengthening exercises for the entire body mixed with cardio drills. This class will keep you moving while improving your strength, coordination and overall fitness.

Muscle Attack This low impact workout will train every muscle with fun and challenging moves. Using dumbbells, body bars, and your body weight, you work at your own pace and challenge yourself to improve each class.

Rise & Shine- Wake your body up gently with this invigorating routine. Sure to help you focus and feel relaxed all day. Your body will thank you

Cycle/Pilates Ramp up your day with these two classic favourites, start with spinning your wheels and finish with Pilates! or just join us for pilates at 9:45am.

Boot Camp Challenge this high-intensity results-oriented class. Test your muscle endurance, strength and most of all your determination.

Hatha Yoga Stress reducing postures, stretching, breathing and core strength. Exercises to strengthen the core while developing stability and control. Ommmmm...

Meditation Yoga Become a student of peace of mind and stress relief through the teachings of yoga. Please bring a cushion, blanket or mat.

Zumba! ZUMBA is a Latin inspired dance fitness class that incorporates Latin and international music and dance into movements, creating a dynamic, exciting, exhilarating, and effective fitness program. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic / fitness approach to achieve a unique blended balance of cardio and muscle toning.

ABSolution This class begins with a cardio component, followed by a total body conditioning work out, focusing on core activation and training using a stability ball. At the end of this 45 minute class, you'll also walk away with a healthy recipe for the week!

Cardio & Strength Infusion Want to feel invigorated and strong? Come join the fun with challenging bike intervals, combined with great strength moves.

Total Body Strengthen and tone major muscle groups in the energizing class. Challenge yourself at your own level.

Circuit Training Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. Great calorie burner while toning your body!

Bootcamp on Bikes Kick your workout up a notch with this fusion of indoor cycling and bootcamp style drills. Guaranteed to jumpstart your weekend with a bang!

Ball Blast Get ready for an hour of fun, cardio and strength on the stability ball.

Tone'n'stretch: Low impact cardio and muscle conditioning.... just like in the pool but without the water.

Open Playground: We set the toys out, you bring the kids... parent must supervise their children.

REGISTERED PROGRAMS:

emPower Yoga Combo Improve your aerobic performance through indoor cycling and unleash your inner power with vinyasa yoga. This combo class will help you achieve a more flexible body and focused mind. Registration required to successfully progress as a group. Bring your own mat. This is a 6 week session.