

Facility Hours	
Monday - Thursday	6:00am - 9:00pm
Friday	6:00am - 7:00pm
Saturday	8:00am - 5:00pm
Sunday	9:00am - 3:00pm
Holiday Hours	
April 7 (Good Friday) April 10 (Easter Monday) May 22 (Victoria Day) July 1 (Canada Day)	9:00am - 2:00pm <b>**NO CLASSES**</b>

## Group Fitness Schedule April 2 - July 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am Step	9:00-10:00am Interval	9:00-10:00am MuscleFit	9:00-9:45am CycleFit	9:00-10:00am Interval/HIIT	9:00am-10:00am Saturday Special  April 1 - Core & Stretch  April 15 - 20/20/20  April 22 - Hi/Lo Cardio  April 29 - Arriba  May 6 - Core & Stretch  May 13 - Step  May 27 - Ball Class  June 3 - Core & Stretch  June 10 - Step  June 17 - 20/20/20  June 24 - Arriba
10:15-11:15am Lite & Lively	10:15-11:00am Arriba	10:15-11:15am Ball Class	10:15-11:15am Lite & Lively	10:15-11:15am Yoga	
11:30-12:30pm Wellness Class	11:15-12:15pm Yoga		1:00pm-2:00pm CardioFit	11:30-12:30pm Wellness Class	
6:00-7:00pm Strong Bodies	6:00-7:00pm Boot Camp	6:00-7:00pm 20/20/20	6:00-7:00pm MuscleFit		
NO CLASSES ON HOLIDAYS April 7 (Good Friday) April 10 (Easter Monday) May 22 (Victoria Day) July 1 (Canada Day)					

*Schedules subject to change*



## Class Descriptions

### 20/20/20

Class consists of 20 minute cardio/20 minute strength/20 minute core and stretch.

### Arriba

Is a high energy dance based fitness party where we focus on the 4 basic Latin rhythms - Salsa, Merengue, Cumbia and Reggaeton with a splash of Bollywood, Belly Dance, Hip Hop and any other rhythm you can move your hips and feet to!

### Ball Class

This moderate class will use a variety of balls including Weighted balls, Bender Balls and Stability Balls.

### Boot Camp

Is a type of group physical training program. These programs are designed to build strength and fitness through

### CardioFit

This is a choreographed class that accommodates the three pillars of fitness: cardio, strength and flexibility.

### Core & Stretch

Let's not forget to relax (a bit). This class contains two workouts; we start with introductory stretching that hits every muscle group, and then we are on the mats for an array of different core experiences that are designed to give you a break from everyday crunches! Always bring a pencil and workout book to track your progress.

### CycleFit

Burn Calories and get the heart pumping, ride your way to fitness with great music and motivational instructors.

### Hi/Lo Cardio

This class is high cardio but low impact. This means you are getting a great aerobic workout, but you get to control the intensity based on your fitness level. Hi/Lo gives participants the opportunity to perform manageable, low-impact movements between periods of high intensity.

### Interval

his workout focuses on various intervals improving strength and cardio.

### Interval /HIIT

High-intensity interval training will have you giving one hundred percent effort through quick, intense bursts of exercise, followed by short, active recovery periods.

### Lite & Lively

A low impact, low intensity workout using a combination of movements and light weights to increase strength and develop cardio health.

### MuscleFit

A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Participants use a barbell and plates to challenge their muscles throughout a choreographed strength routine taught to music.

### Step

This is a choreographed Step Class Designed to push your cardio into high gear.

### Strong Bodies

A moderate intensity fat-burning, muscle-sculpting workout that combines interval training with a total-body strength building program.

### Wellness Class

An exercise program focusing on Chronic Disease Management.

### Yoga

Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

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