

Summer SWEAT

FITNESS CLASS & DROP-IN SCHEDULE | JULY 3 - SEPT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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POOL - OPEN SWIM

Monday - Friday
6am - 9am *Both Pools*
11am - 4pm *Both Pools*
1pm - 9:30pm *Both Pools & Slide*

Friday
4pm - 6:30pm *Both Pools & Slide*
6:30pm - 9:30pm *Both Pools & Slide*

Saturday
8am - 9am *Both Pools*
1pm - 7:30pm *Both Pools & Slide*

Sunday
8am - 1pm *Both Pools*
1pm - 7:30pm *Both Pools & Slide*

SINGLE LANE SWIMMING

Monday - Friday
6am - 9:30am *Competitive Pool*

Saturday & Sunday
8am - 7:30pm *Competitive Pool*

\$3 COMMUNITY SWIM - EVERY FRIDAY

6:30pm - 9:30pm *Both Pools & Slide*

ROCK WALL - OPEN CLIMB

Mon & Tue: 1pm - 5:30pm, 8pm - 9pm
Wed: 1pm - 6:30pm, 7:30pm - 9pm
Thursday: 1pm - 9pm
Friday: 1pm - 8pm
Saturday: 10am - 7pm
Sunday: Noon - 7pm

COMMUNITY CLIMB

STAFF BELAYERS ON-SITE & AVAILABLE

Tuesday: 3:30pm - 5:30pm
Saturday: 10am - 1:30pm
Sunday: Noon - 2pm

PUBLIC SKATING

Tuesday & Thursday 12pm - 1pm Friday 4pm - 5:15pm

Weekends: Please see online schedule

ADULT PICK-UP HOCKEY (Co-ed)

Mon & Wed 12pm - 1pm Tues & Thurs 10pm - 11pm

WALKING TRACK

Monday - Friday 5:30am - 10pm Saturday & Sunday 8am - 8pm

FITNESS CENTRE

Monday - Friday 5:30am - 10pm Saturday & Sunday 8am - 8pm

CHILD MINDING

CHILDREN 1-12 YEARS

Monday - Friday 9am - 12pm Tuesday - Thursday 4:30pm - 7:30pm

BABIES UNDER 1 YEAR (must register 1 day in advance) Mon, Wed & Fri 9am - 12pm

NOURISH EATERY

Monday - Saturday 9am - 7pm Sunday 11am - 5pm

** Please note: Nourish summer hours are tentative and may be subject to change

All programs and schedules are "weather permitting" and subject to change. Please check out our website at www.ratheastlinkcommunitycentre.ca or call our Welcome Desk at 902-893-2224 for schedule confirmation. Open/Lane swimming times and Pool/Arena event schedule changes can also be found on our website. Participants for the HydroRider class must pre-register 24 hours in advance by contacting our Welcome Desk.

LEGEND

- FITNESS
- SPIN
- WILSONS COMPETITIVE POOL
- TIM HORTONS LEISURE POOL
- COMMUNITY CREDIT UNION ARENA
- KOHLTECH CLIMBING WALL

GUTS & BUTTS

A 45 minute class dedicated to shaping and strengthening your lower body and core!

BOSSCAMP BECOMING OUR STRONGEST SELVES

A fast-moving class meant to kick your cardio system into high gear with athletic drills, muscle conditioning, and core training - all in one place!

CLIMBFIT BOOTCAMP

Rock yourself into shape with climbing-themed workouts. Designed with new climbers in mind, this course is mostly held close to the ground. Ages 15+

POUND

Sweat, sculpt and ROCK your body with workouts that combine cardio and strength to tone your lower body, sculpt your upper body, and define your abs.

R.A.W. REAL ATHLETIC WORKOUT

Take your workout up a notch with this fast-moving class guaranteed to challenge all participants, featuring athletic drills, plyometric training, strength, etc.

SPIN

A high-energy cardio work out on a stationary bike that burns calories and sends your fat-burning systems into overdrive. Set to music, it will be the ride of your life!

SPIN & CORE

A class that starts out on a stationary bike and ends with core exercises. A great way to burn calories and strengthen your core!

SPIN: RHYTHM & RESISTANCE

Experience a cardio work out like none other on a stationary bike, followed by strength exercises with a full body focus.

B.L.T.

BUTT LEGS THIGHS
A 30 minute express class designed to challenge your butt, legs and thighs. The ultimate lower body solution.

TRX

TOTAL BODY PERFORMANCE
Incorporates cardio, strength, core & flexibility. Challenge your body with 20 second bursts of high intensity followed by 10 seconds of rest. This workout will torch calories and strengthen your entire body.

ZUMBA

Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.

STRENGTH

A total body workout using barbells, free weights, tubing, stability balls, and body weight. A fantastic way to target and tone all of the major muscle groups. Great for all fitness levels.

STROLLER FIT

A combination class focusing on strength and core moves with cardio drills thrown in. Great for parents with their tots.

TRX BOOTCAMP

Take your workout to the next level with this fast-moving class featuring TRX suspension straps. A great overall body workout, including athletic drills to get the heart pumping.

COMING SOON

Stay tuned for the next exciting program!

BASIC YOGA

Help relieve stress with a class combining balance, strength, and flexibility training. Designed to be a full body experience.

GENTLE YOGA

A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.

ACTIVE YOGA

Enjoy a mix of core and balance work with gentle stretching & relaxation.

YOGA STRENGTH

A fusion class of yoga & pilates blended to give a challenging strength/core work out as well as a satisfying stretch.

AQUA MOVEMENTS

A great class for people with arthritis, knee and hip replacements, and other medical conditions. This class will help with balance, mobility, flexibility, and strengthening.

AQUA FITNESS

Take the stress off your joints. This class is a low-to-no impact cardio and strengthening class that allows you to work at your own pace. Guaranteed to have a splashing good time!

HYDRORIDER

Pedal on a unique stationary bike while immersed up to your chest in water. Water shoes are mandatory. Registration is required. Ages 16+

SENIORS

SENIOR FIT SERIES

Designed for adults aged 55 and up featuring low impact cardio, strength, flexibility and balance training.

MOVE AND MINGLE

Designed for those aged 55+ who enjoy exercising in a group setting. A mix of strength, cardio, and core workouts with a social aspect to make it fun!

X-PRESS

X-PRESS CLASSES

Short on time, but still need a challenging work out? Try one of our X-PRESS classes. 40 minutes focused on specific muscle groups! Guaranteed to give you a great work out in a short amount of time.

KIDS/YOUTH

SUMMER HIATUS

Sorry, all of our youth drop-in classes are on summer vacation. However, stay tuned for Fall 2018.

YOUTH PROGRAMS

Meanwhile, check out our youth focused summer day camps, fitness and swim programming!

SUMMER HIATUS

SUMMER FITNESS CLASS + DROP-IN SCHEDULE 2018

