

MONDAY

- 6AM SPIN**
45min. w/Tammy
- 9AM AQUA FITNESS**
60min. w/Sylvie
- 915AM SPIN [RHYTHM + RESISTANCE]**
60min. w/Heather
- 915AM TRX BOOTCAMP**
60min. w/Camilla
- 10AM AQUA MOVEMENTS**
60min. w/Florence
- 1030AM YOGA [GENTLE]**
60min. w/Camilla
- 12PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+
- 1215PM SPIN**
45min. w/Camilla
- 1215PM BOSSCAMP**
60min. w/Heather
- 430PM BOSSCAMP**
60min. w/Camilla
- 530PM POUND**
60min. w/Tammy
- 545PM AQUA FITNESS**
45min. w/Tracey
- 630PM ZUMBA**
60min. w/Tammy

AUGUST 28 - SEPTEMBER 12
MAINTENANCE CLOSURE FOR WILSONS AQUATIC CENTRE

TUESDAY

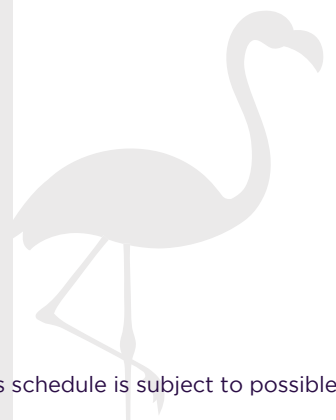
- 6AM BOSSCAMP**
60min. w/Camilla
- 715AM HYDRORIDERS**
45min. w/Sylvie
- 9AM AQUA FITNESS**
60min. w/Tracey
- 915AM SPIN + CORE**
60min. w/Camilla
- 915AM MOVE + MINGLE**
60min. Seniors 55+ w/Will
- 10AM AQUA MOVEMENTS**
60min. w/Tracey
- 1030AM SENIOR FIT**
60min. w/Sylvie/Laura
- 1130AM STROLLER FIT**
45min. w/Camilla
- 1215PM TRX TOTAL BODY**
45min. w/Heather
- 1215PM CLIMBFIT BOOT.**
45min. Climbing Wall w/Matthew
- 430PM GUTS + BUTTS**
45min. w/Heather
- 530PM SPIN + STRENGTH**
60min. w/Heather
- 530PM POUND**
60min. w/Hema
- 630PM AQUA FITNESS**
45min. w/Sylvie
- 10PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+

WEDNESDAY

- 6AM SPIN**
45min. w/Tammy
- 6AM BOSSCAMP**
60min. w/Will
- 8AM AQUALITE**
45min. w/Sylvie
- 8AM ZUMBA**
50min. w/Hema
- 9AM AQUA FITNESS**
60min. w/Sylvie
- 915AM BOSSCAMP**
60min. w/Camilla
- 10AM AQUA MOVEMENTS**
60min. w/Florence
- 1030AM YOGA [GENTLE]**
60min. w/Camilla
- 12PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+
- 1215PM BOSSCAMP**
60min. w/Heather
- 2PM GENTLE MOVEMENT**
30min. w/Heather/Will
- 430PM K.B. / BOSU / TRX**
45min. w/Heather/Camilla
- 530PM STRENGTH**
60min. w/Laura
- 545PM AQUA FITNESS**
45min. w/Tracey
- 6PM CLIMBFIT BOOTCAMP**
60min. Climbing Wall w/Matthew
- 630PM YOGA**
60min. w/Mandy
- 730PM TECHNIQUE NIGHT**
60min. Climbing Wall w/Matthew

THURSDAY

- 6AM BOSSCAMP**
60min. w/Camilla
- 9AM AQUA FITNESS**
60min. w/Tracy
- 9AM ZUMBA**
60min. w/Celeste
- 915AM MOVE + MINGLE**
60min. w/Heather
- 915AM CYCLE CIRCUIT**
75min. w/Camilla
- 10AM AQUA MOVEMENTS**
60min. w/Tracey
- 1130AM STROLLER FIT**
45min. w/Camilla
- 1215PM TRX TOTAL BODY**
45min. w/Camilla
- 1215PM SPIN**
45min. w/Heather
- 430PM GUTS + BUTTS**
45min. w/Laura
- 530PM STRONG by ZUMBA**
60min. w/Hema
- 630PM AQUA FIT MASH UP**
45min. w/Sylvie
- 9PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+



FRIDAY

- 6AM BOSSCAMP**
60min. w/Laura
- 9AM AQUA FITNESS**
60min. w/Sylvie
- 915AM FUN FRIDAY**
60min. w/Will
- 10AM AQUA MOVEMENTS**
60min. w/Florence
- 1030AM YOGA [GENTLE]**
60min. w/Mandy
- 1215PM WAR**
45min. on the Turf w/Joel
- 530PM R.A.W.**
60min. w/Will
- 630PM COMMUNITY SWIM**
\$3 per person 630pm - 930pm

SATURDAY

- 815AM POUND**
60min. w/Tammy
- 915AM ZUMBA**
60min. w/Tammy
- 1030AM YOGA [STRENGTH]**
60min. w/Hyesun

SUNDAY

JULY SECOND TO SEPTEMBER FIRST

CLASSES	DESCRIPTIONS
SPIN	High-energy cardio training, set to music on stationary bikes.
CYCLE CIRCUIT	SPIN meets tone. Builds muscle, improves endurance & torches calories.
SPIN [RHYTHM + RESISTANCE]	SPIN class accompanied by full body focused strength exercises.
SPIN + STRENGTH	SPIN class accompanied with weight training. Cardio & strength in one!
SPIN + CORE	SPIN class accompanied by core exercises. Cardio & Core in one!
BOSSCAMP	Fast-moving cardio. Drills, muscle conditioning, and core training.
FUN FRIDAY	Variety training in cardio, strength and core using equipment.
GENTLE MOVEMENT	Limited mobility strength, flex & balance exercise. Chairs are provided.
GUTS + BUTTS	45min. class with focus on shaping/strengthening lower body & core.
K.B. / BOSU / TRX	Kettlebell works muscles & cardio. Bosu focuses balance & core. + TRX
MOVE + MINGLE	Strength, cardio and core workouts with a social twist to make it fun!
POUND	Cardio and upper body training, set to music using drum (rip) sticks.
R.A.W. REAL ATHLETIC WORKOUT	Circuit training with athletic drills, plyometric training, strength, etc.
SENIOR FIT	Low impact cardio, strength, flexibility and balance training for 55+.
STRENGTH	Total-body training w/barbells, free weight, tubing and stability balls.
STRONG by ZUMBA	Push your limits! High-energy work out, HITT training set to a beat.
STROLLER FIT	Combo class for parents and tots. Strength, core and cardio drills.
TRX BOOTCAMP	Fast-moving full body workout using TRX suspension straps.
TRX TOTAL BODY	TRX with advanced cardio, strength, core & flexibility burst training.
WAR	Total body cardio and strength training with kicks and punches.
ZUMBA	Dance your way into shape! Cardio training set to latin-inspired music.
YOGA	Help relieve stress with balance, strength, and flexibility training.
YOGA [GENTLE]	Lighter YOGA class meant to relax the mind and lengthen the muscles.
YOGA [STRENGTH]	YOGA class accompanied by pilates. Strength, core and stretch focus.
AQUA FITNESS	Low-to-no impact cardio and strength class in the pool.
HYDRORIDERS	(Ages 16+) Cardio training, set to music on stationary bikes in water. **WATER SHOES MANDATORY - ONLY 5 BIKES AVAIL. ON A FIRST COME BASIS
AQUALITE	Lighter AQUA FITNESS class, focused on mobility and strength.
AQUA MOVEMENTS	Training in water for those with limitations (knee/hip, arthritis, etc.)
PICKUP HOCKEY	Co-ed drop-in shinny hockey. Ages 16+ and requires full hockey gear.
CLIMBFIT BOOTCAMP	(Ages 15+) Climbing-themed workouts. No climbing experience needed.

Due to weather, event programming and unforeseen circumstances, this schedule is subject to possible cancellations and/or adjustments without notice. Visit therecc.ca or call our Welcome Desk at 902-893-2224 for schedule changes and/or confirmations.

JULY/AUGUST

COMMUNITY CREDIT UNION ARENA AND STANFIELD'S WALKING TRACK WILL EXPERIENCE INTERMITTENT SUMMER CLOSURES; HERE'S WHY: This summer the RECC will add six suites and a multipurpose room to the Community Credit Union Arena. The suites will be structurally mounted in the high steel above the main upstairs entrance, across the ice from where the current skybox is located. The multipurpose room above the bathrooms in the corner to the right of that entrance. The incredible growth, both in membership and events hosted, has put a strain on available space in the facility. Hosting the upcoming IIHF Women's World Hockey Championship in 2020 presented an opportunity to expand. For the 2017 World Junior A Challenge, a portable broadcast booth had to be constructed, office partitions were used for a media space where the spin bikes are located, and NHL scouts were hosted in the fitness area. Situations like that negatively impact members and guests as programs are moved to the foyer or are unable to be held at all. Classes such as yoga and Zumba are downsized with people having to be turned away. The benefit of more space will not only help alleviate these issues, with reduced interruption to regularly scheduled programming and classes, but will allow RECC to continue to evolve as a major concert and events host. Construction is scheduled to begin first thing July. The arena will continue to operate with a reduced schedule, and access to the walking track will be impacted with a full closure throughout July and possibly into August. Access doors may have to be shifted in order for construction of suite stairways. We apologize for any inconvenience and thank everyone for their patience. ❤️



BE A CHAMPION for CORPORATE WELLNESS

WALK AND WIN!

MAKE YOUR NEXT MEETING A "WALKING MEETING" ON OUR TRACK & YOU COULD WIN MEMBERSHIPS FOR THE WHOLE TEAM!