

MONDAY

- 6AM SPIN**
45min. w/Tammy
- 6AM BOSSCAMP**
60min. w/Will
- 715AM YOGA**
45min. w/Jeff
- 815AM ZUMBA TONE**
60min. w/Heidi
- 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
- 1030AM YOGA [FLOW]**
60min. Climbing Wall w/Allyson
- 1030AM SENIOR FITNESS**
45min. Millbrook A w/Laura
- 12PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+
- 1215PM TRANSFORM**
45min. Climbing Wall w/Laura
- 1215PM SPIN**
45min. w/Camilla
- 1215PM BOSSCAMP**
60min. w/Heather
- 4PM SKILLS + DRILLS**
60min. Ages 6 - 12 w/Josh
- 430PM BOSSCAMP**
60min. w/Camilla
- 530PM ZUMBA**
60min. w/Tammy
- 545PM AQUA FITNESS**
45min. w/Tracey
- 630PM STRENGTH**
60min. w/Tammy
- 730PM YOGA [FLOW]**
60min. w/Mandy

TUESDAY

- 6AM BOSSCAMP**
60min. w/Camilla
- 710AM HYDRORIDERS**
Session I - 30min. w/Sylvie
- 745AM HYDRORIDERS**
Session II - 30min. w/Sylvie
- 815AM AQUA ZUMBA**
45min. w/Heidi
- 9AM AQUA FITNESS**
60min. w/Tracey
- 915AM SPIN + CORE**
60min. w/Camilla
- 915AM MOVE + MINGLE**
60min. Seniors 55+ w/Heather
- 10AM AQUA MOVEMENTS**
60min. w/Tracey
- 1030AM SENIOR FIT**
60min. w/Sylvie
- 1130AM STROLLER FIT**
45min. w/Camilla
- 1215PM TRX TOTAL BODY**
45min. w/Heather / Jodie
- 1215PM CLIMBFIT BOOT.**
60min. Climbing Wall w/Matthew
- 230PM WALK N ROLL**
60min. Walking Track
- 430PM GUTS + BUTTS**
45min. w/Heather
- 530PM SPIN**
45min. w/Heather
- 530PM POUND**
50min. w/Hema
- 545PM HYDRORIDERS**
60min. w/Sylvie
- 630PM BOSSCAMP**
60min. w/Heather
- 630PM AQUA FITNESS**
45min. w/Sylvie
- 830PM RECC MASTER SWIM**
60min. w/Mike
- 10PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+

WEDNESDAY

- 6AM SPIN**
45min. w/Tammy
- 6AM BOSSCAMP**
60min. w/Will
- 715AM BODY STRONG**
45min. w/Jeff
- 8AM AQUALITE**
45min. w/Sylvie
- 815AM ZUMBA**
45min. w/Heidi
- 9AM AQUA FITNESS**
60min. w/Sylvie
- 915AM BOSSCAMP**
60min. w/Camilla
- 10AM AQUA MOVEMENTS**
60min. w/Florence
- 1030AM YOGA [GENTLE]**
60min. w/Jodie / Jodi
- 1030AM YOGA [FLOW]**
60min. Climbing Wall w/Allyson
- 12PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+
- 1215PM TRANSFORM**
45min. Climbing Wall w/Laura
- 1215PM HYDRORIDERS**
30min. w/Camilla
- 1215PM BOSSCAMP**
60min. w/Heather
- 2PM GENTLE MOVEMENT**
60min. w/Heather
- 330PM BOOTCAMP 4 YOUTH**
45min. Ages 10 - 13 w/Heather
- 430PM SPIN**
60min. w/Camilla / Heather
- 430PM XTREME [BOSU + KETTLEBELL]**
60min. 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
- 7PM TECHNIQUE NIGHT**
60min. Climbing Wall w/Matthew

THURSDAY

- 6AM BOSSCAMP**
60min. w/Camilla
- 710AM HYDRORIDERS**
Session I - 30min. w/Sylvie
- 745AM HYDRORIDERS**
Session II - 30min. w/Sylvie
- 815AM AQUA ZUMBA**
45min. w/Heidi
- 9AM AQUA FITNESS**
60min. w/Tracy
- 9AM ZUMBA**
60min. w/Celeste
- 915AM MOVE + MINGLE**
60min. w/Heather
- 915AM B.L.T.**
30min. on the Turf w/Camilla
- 10AM AQUA MOVEMENTS**
60min. w/Tracey
- 10AM SPIN + CORE**
60min. w/Camilla
- 1030AM SENIOR FIT**
60min. w/Laura
- 1130AM STROLLER FIT**
45min. w/Camilla
- 1215PM TRX TOTAL BODY**
45min. w/Camilla
- 1215PM SPIN**
45min. w/Heather
- 430PM WAR**
60min. w/Laura
- 530PM TRX BOOTCAMP**
60min. w/Heather
- 630PM POUND**
60min. w/Tammy
- 645PM AQUA ZUMBA**
45min. w/Michelle
- 730PM ZUMBA**
60min. w/Tammy
- 830PM RECC MASTER SWIM**
60min. w/Mike
- 10PM PICKUP HOCKEY**
60min. Co-Ed / Adults 16+

FRIDAY

- 6AM BOSSCAMP**
60min. w/Laura
- 715AM BODY STRONG**
45min. w/Jeff
- 8AM STRONG by ZUMBA**
60min. w/Heidi
- 9AM AQUA FITNESS**
60min. w/Sylvie
- 915AM FUN FRIDAY**
60min. w/Heather
- 10AM AQUA MOVEMENTS**
60min. w/Florence
- 1030AM YOGA [ACTIVE]**
60min. w/Jodi
- 1215PM WAR**
45min. w/Joel
- 530PM R.A.W.**
60min. w/Will
- 630PM COMMUNITY SWIM**
\$3 per person 630pm - 930pm

SATURDAY

- 815AM POUND**
60min. w/Tammy
- 830AM WALK WITH A DOC**
60min. on Track w/Local Doctors
- 915AM ZUMBA**
60min. w/Tammy
- 1015AM YOGA [STRENGTH]**
60min. w/Hyesun

SUNDAY

- 530PM STRONG by ZUMBA**
60min. w/Hema
- 630PM RECC MASTER SWIM**
60min. w/Mike
- 630PM YOGA**
60min. w/Hyesun

WINTER WORKOUT RUNS JAN 2nd - MAR 18th

CLASSES

DESCRIPTIONS

SPIN	High-energy cardio training, set to music on stationary bikes.
SPIN + CORE	SPIN class accompanied by core exercises.
SPIN [RHYTHM + RESISTANCE]	SPIN class accompanied by full body focused strength exercises.
B.L.T.	(Butt, Legs, Thighs) Express 30min. lower body focus training.
BODY STRONG	Variety training in cardio, strength, endurance and flexibility.
BOOTCAMP 4 YOUTH	(Ages 10-13) Youth focused introduction to proper training.
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.
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.
WALK N ROLL	Group walking with 4-wheeled walkers. Physiotherapist instructed.
WAR	Total body cardio and strength training with kicks and punches.
XTREME [BOSU + KETTLEBELL]	Kettlebell works muscles & cardio. Bosu focuses balance & core.
ZUMBA	Dance your way into shape! Cardio training set to latin-inspired music.
ZUMBA TONE	ZUMBA class accompanied by high-energy body-sculpting exercises.
YOGA	Help relieve stress with balance, strength, and flexibility training.
YOGA [ACTIVE]	YOGA class accompanied by a mix of core and balance work.
YOGA [FLOW]	Vinyasa style YOGA. Poses flow into each other with motivating music.
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.
RECC MASTER SWIM	Coach guidance and training for non-competitive adult swimmers.
AQUA ZUMBA	Dance your way into shape! ZUMBA class with water resistance.
HYDRORIDER	(Ages 16+) Cardio training, set to music on stationary bikes in water. **Water shoes are mandatory and Pre-registration is required.
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.
SKILLS N DRILLS	(Ages 6-12) Instructor led skating, puck handling and shooting drills.
CLIMBFIT BOOTCAMP	(Ages 15+) Climbing-themed workouts. Held close to the ground.
TRANSFORM	A blend of Yoga and Sport held at the Climbing Wall.