

MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SPRING RECC RUNS FROM MARCH 16 to JUNE 28

DISCLAIMER: Due to weather, events, programs and unforeseen circumstances, this schedule is subject to possible cancellations or adjustments without notice. For changes and confirmations you can visit THERECC.CA or sign up for text message updates by texting RECC to 767638 or call our Welcome Desk at 902-893-2224

6AM SPIN
60min. w/Sue

8AM ZUMBA TONE
60min. w/Heidi

9AM AQUA FITNESS
60min. w/Sylvie

915AM SPIN [RHYTHM + RESISTANCE]
60min. w/Heather

915AM TRX BOOTCAMP
60min. w/Camilla

930AM SENIOR FITNESS
45min. Millbrook A w/Laura

10AM AQUA MOVEMENTS
60min. w/Florence

1030AM YOGA
60min. Millbrook A w/Jodi

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 ZUMBA
60min. w/Tammy

545PM AQUA FITNESS
45min. w/Tracey

630PM STRENGTH
60min. w/Tammy

730PM RUNNING/BOOTCAMP
45min. (Alternating) w/Sylvie



6AM BOSSCAMP
60min. w/Camilla

715AM HYDRORIDERS
45min. w/Sylvie

815AM AQUA ZUMBA
45min. w/Heidi

9AM AQUA FITNESS
60min. w/Tracey

915AM SPIN + CORE
60min. w/Camilla

915AM SILVER STRONG
60min. (ages 55+) w/Heather

10AM AQUA MOVEMENTS
60min. w/Tracey

1030AM SENIOR FIT
60min. w/Laura

1130AM STROLLER FIT
45min. w/Camilla

1215PM TRX TOTAL BODY
45min. w/Heather

1215PM CLIMBFIT BOOT.
60min. Climbing Wall w/Matthew

230PM WALK N ROLL
60min. Walking Track

430PM GUTS + BUTTS
45min. w/Heather

530PM SPIN + STRENGTH
60min. w/Heather

530PM POUND
60min. w/Hema

630PM BOSSCAMP
60min. w/Will

645PM AQUA FIT MASHUP
45min. w/Sylvie

830PM RECC MASTER SWIM
60min. w/Mike

10PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

6AM SPIN
45min. w/Tammy

8AM AQUA CORE & BALANCE
45min. w/Sylvie

8AM STRONG by ZUMBA
60min. 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 or Camilla

1030AM YOGA
60min. Millbrook A w/Hyesun

12PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

1215PM H.I.T.T.
30min. w/Cam (on Turf)

1215PM BOSSCAMP
60min. w/Heather or Jodie

2PM GENTLE MOVEMENT
30min. w/Heather

430PM SPIN
45min. w/Camilla or Heather

430PM KB / BOSU / TRX
45min. w/Heather or Camilla

530PM STRENGTH & STEP
60min. w/Laura

545PM AQUA FITNESS
45min. w/Tracey

6PM CLIMBFIT BOOTCAMP
60min. Climbing Wall w/Matthew

630PM YOGA
60min. w/Hyesun

730PM TECHNIQUE NIGHT
60min. Climbing Wall w/Matthew

6AM BOSSCAMP
60min. w/Camilla

715AM HYDRORIDERS
45min. w/Sylvie

815AM AQUA ZUMBA
45min. w/Heidi

9AM AQUA FITNESS
60min. w/Heidi

9AM ZUMBA
60min. w/Heidi (in Arena)

915AM SILVER STRONG
60min. (ages 55+) w/Heather

915AM CYCLE CIRCUIT
75min. w/Camilla

10AM AQUA MOVEMENTS
60min. w/Tracey

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 GUTS + BUTTS
45min. w/Laura

530PM BOSSCAMP
45min. w/Laura (on Turf)

530PM POUND
60min. w/Tammy

645PM AQUA ZUMBA
45min. w/Michelle

630PM ZUMBA
60min. w/Tammy

830PM RECC MASTER SWIM
60min. w/Mike

10PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

6AM BOSSCAMP
60min. w/Laura

8AM ZUMBA
60min. w/Heidi

9AM AQUA FITNESS
60min. w/Sylvie

915AM FUN FRIDAY
60min. w/Will

10AM AQUA MOVEMENTS
60min. w/Florence

1030AM YOGA [GENTLE]
60min. w/Mandy

12PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

1215PM WAR
45min. on the Turf w/Joel

1215PM STRONG by ZUMBA
45min. w/Heidi

530PM R.A.W.
60min. w/Will

630PM COMMUNITY SWIM
\$3 per person 630pm - 930pm

SATURDAYS

815AM POUND
60min. w/Tammy

830AM WALK WITH A DOC
60min. on Track w/Local Doctors

915AM ZUMBA
60min. w/Tammy

1030AM YOGA [STRENGTH]
60min. w/Hyesun

SUNDAYS

815AM STRONG by ZUMBA
60min. w/Hema

915AM BOSSCAMP
45min. w/Will

430PM SPIN
60min. w/Sue

630PM YOGA
60min. w/Hyesun

630PM RECC MASTER SWIM
60min. w/Mike

CLASSES

SPIN

CYCLE CIRCUIT

SPIN [RHYTHM + RESISTANCE]

SPIN + STRENGTH

BOSSCAMP

FUN FRIDAY

H.I.T.T.

KB / BOSU / TRX

GENTLE MOVEMENT

GUTS + BUTTS

POUND

R.A.W. REAL ATHLETIC WORKOUT

SENIOR FIT

SILVER STRONG

STRENGTH

STRONG by ZUMBA

STROLLER FIT

TRX BOOTCAMP

TRX: TOTAL BODY

WALK N ROLL

WAR

ZUMBA

ZUMBA TONE

YOGA

YOGA [FLOW]

YOGA [GENTLE]

YOGA [STRENGTH]

AQUA FITNESS

AQUA FIT MASHUP

AQUA ZUMBA

HYDRORIDER

RECC MASTER SWIM

AQUA CORE & BALANCE

AQUA MOVEMENTS

AQUA RUNNING/BOOTCAMP

PICKUP HOCKEY

CLIMBFIT BOOTCAMP

DESCRIPTIONS

High-energy cardio training, set to music on stationary bikes.

SPIN meets tone. Builds muscle, improves endurance & torches calories.

SPIN class accompanied by full body focused strength exercises.

SPIN class accompanied with weight training. Cardio & strength in one!

Fast-moving cardio. Drills, muscle conditioning, and core training.

Variety training in cardio, strength and core using equipment.

High Intensity Interval Training (HIIT) that gets a lot done in 45 minutes!

Kettlebell works muscles & cardio. Bosu focuses balance & core. + TRX

Limited mobility strength, flex & balance exercise. Chairs are provided.

45min. class with focus on shaping/strengthening lower body & core.

Cardio and upper body training, set to music using drum (rip) sticks.

Circuit training with athletic drills, plyometric training, strength, etc.

Low impact cardio, strength, flexibility and balance training for 55+.

(ages 55+) Circuit style variety workout for strength, core & cardio.

Total-body training w/barbells, free weight, tubing and stability balls.

Push your limits! High-energy work out, HITT training set to a beat.

Combo class for parents and tots. Strength, core and cardio drills.

Fast-moving full body workout using TRX suspension straps.

TRX with advanced cardio, strength, core & flexibility burst training.

Group walking with 4-wheeled walkers. Physiotherapist instructed.

Total body cardio and strength training with kicks and punches.

Dance your way into shape! Cardio training set to latin-inspired music.

ZUMBA class accompanied by high-energy body-sculpting exercises.

Help relieve stress with balance, strength, and flexibility training.

Vinyasa style YOGA. Poses flow into each other with motivating music.

Lighter YOGA class meant to relax the mind and lengthen the muscles.

YOGA class accompanied by pilates. Strength, core and stretch focus.

Low-to-no impact cardio and strength class in the pool.

A surprise mix of aquatic curriculums like cardio, core, weights + more!

Dance your way into shape! ZUMBA class with water resistance.

(Ages 16+) Cardio training, set to music on stationary bikes in water.

** Water Shoes Mandatory / 8am-8pm Day prior registration required.

Coach guidance and training for non-competitive adult swimmers.

Lighter AQUA FITNESS class, focused on mobility and strength.

Training in water for those with limitations (knee/hip, arthritis, etc.)

High intensity, low impact Pool workouts! (Class alternates each week)

Co-ed drop-in shinny hockey. Ages 16+ and requires full hockey gear.

(Ages 15+) Climbing-themed workouts. No climbing experience needed.

IIHF ICE HOCKEY WOMEN'S WORLD CHAMPIONSHIPS - MARCH 30 - APRIL 13

The RECC is excited to welcome the IIHF Women's World Championships to Truro this April! Taking place from March 30 to April 13, the event brings with it a number of unique on-site festivities, and for the RECC, that means a subsequent amount of increased traffic. This will not impede regular operating hours, however, accommodating the tournament *WILL* affect our Group Exercise Class Schedule. We apologize for any inconvenience, but hope to see you at the tournament! **THE FOLLOWING CLASSES WILL NOT BE RUNNING:**

MON, MAR 30 + MON, APR 6:
6am - Spin
9:15am - Spin
9:30am Senior Fit
10:30am - Gentle Yoga
12 :15 pm - Spin

TUE, MAR 31 + TUE, APR 7:
9:15am - Spin and Core
2:30pm - Walk and Roll
5:30pm - Spin and Strength

WED, APR 1 + WED, APR 8:
6am - Spin
10:30am - Yoga
12:15pm - HITT
4:30pm - Spin

THU, APR 2 + THU APR 9:
9:15am - Cycle Circuit
12:15pm - Spin
5:30pm - Bosscamp

FRI APR 3 + FRI APR 10:
12:15pm - War

SAT, APR 4 + SAT, APR 11:
8:30am - Walk with a Doc

SUN, APR 5 + SUN, APR 12:
4:30pm - Spin

MON, APR 13 (Easter Monday)
No group exercise classes, specialty programs or orientations running