

# WINTER WORK OUT DROP-IN SCHEDULE

JANUARY 2nd to MARCH 18th

## HOURS OF OPERATION

### SWIMMING POOL

Monday - Friday  
6am - 9:30am *Both Pools*  
Saturday & Sunday  
8am - 7:30pm *Both Pools*

### OPEN SWIM

Monday - Friday  
6am - 9am *Both Pools*  
11am - 4pm *Both Pools*  
Monday & Wednesday  
6:30pm - 9:30pm *Both Pools & Slide*  
Tuesday & Thursday  
7:30pm - 9:30pm *Both Pools & Slide*  
Friday  
4pm - 6:30pm *Leisure Pool Only & 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*  
**\$3 COMMUNITY SWIM EVERY FRIDAY**  
6:30pm - 9:30pm *Both Pools & Slide*

### CHILDMINDING

CHILDREN 1-12 YEARS  
Monday - Friday  
9am - 12pm  
Monday - Thursday  
4:30pm - 7:30pm

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

### COMMUNITY CLIMB

Tuesday 3pm - 5pm  
Thursday 12pm - 3pm  
Saturday 10am - 2pm  
Sunday 12pm - 2pm

### WALKING TRACK

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

### PUBLIC SKATING

Tuesday & Thursday 12pm - 1pm  
Friday 4pm - 5:15pm  
Weekends: Please see online schedule

### ADULT PICK-UP HOCKEY (Co-ed)

Every Mon & Wed: Noon - 1pm  
Every Tues, Wed & Thurs: 10pm - 11pm

### FITNESS CENTRE

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6:00am	SPIN Tammy 6-7am	BOSSCAMP Heather 6-7am	BOSSCAMP Camilla 6-7am	SPIN Tammy 6-7am	BOSSCAMP Heather 6-7am	BOSSCAMP Camilla 6-7am	SPIN & CORE Tammy 6-7am		
6:15am									
6:30am									
6:45am									
7:00am									
7:15am									
7:30am									
7:45am			HYDRORIDER Session 1 - 7:15-7:45am Session 2 - 7:50-8:20am						
8:00am									
8:15am									
8:30am		ZUMBA TONE Heidi 8:15-9:15am							
8:45am									
9:00am	AQUA FITNESS Sylvie 9-10am								
9:15am		SPIN RHYTHM & RESISTANCE Heather 9:15-10:15am	AQUA FITNESS Tracey 9-10am						
9:30am		TRX BOOTCAMP Camilla 9:15-10:15am							
9:45am									
10:00am	AQUA MOVEMENTS Florence 10-11am								
10:15am									
10:30am		GENTLE YOGA Camilla 10:30-11:30am							
10:45am									
11:00am									
11:15am									
11:30am									
11:45am		STROLLERFIT Camilla 11:30-12:15pm							
12:00pm									
12:15pm	ADULT PICKUP HOCKEY Co-ed: 12-1pm								
12:30pm		SPIN Camilla 12:15-1pm							
12:45pm		BOSSCAMP Heather 12:15-1:15pm							
1:00pm									
1:15pm									
1:30pm									
1:45pm									
2:00pm									
2:15pm									
2:30pm									
2:45pm									
3:00pm									
3:15pm									
3:30pm									
3:45pm									
4:00pm									
4:15pm	SKILLS & DRILLS (ages 6-12) Josh 4-5pm								
4:30pm									
4:45pm		BOSSCAMP Camilla 4:30-5:30pm							
5:00pm									
5:15pm									
5:30pm									
5:45pm									
6:00pm	ZUMBA Tammy 5:30-6:30pm								
6:15pm									
6:30pm		AQUA FITNESS Tracey 5:45-6:30pm							
6:45pm									
7:00pm									
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9:15pm									
9:30pm									
9:45pm									
10:00pm									

### LEGEND

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



All programs and schedules are "weather permitting" and subject to change. Please check out our website at [www.ratheastlinkcommunitycentre.ca](http://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.

<p><b>BODY STRONG</b> Looking for variety for your work out that includes cardio, strength, endurance &amp; flexibility training? This is the class for you.</p>	<p><b>BOSSCAMP BECOMING OUR STRONGEST SELVES</b> 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!</p>	<p><b>CLIMBFIT BOOTCAMP</b> 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+</p>	<p><b>POUND</b> 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.</p>	<p><b>R.A.W. REAL ATHLETIC WORKOUT</b> Take your workout up a notch with this fast-moving class guaranteed to challenge all participants, featuring athletic drills, plyometric training, strength, etc.</p>
<p><b>SPIN</b> A high-energy cardio work out on a stationary bike that burn calories, and sends your fat-burning systems into overdrive. Set to music, it will be the ride of your life!</p>	<p><b>SPIN &amp; CORE</b> A class that starts out on a stationary bike and ends with core exercises. A great way to burn calories and strengthen your core!</p>	<p><b>SPIN: RHYTHM AND RESITANCE</b> Experience a cardio work out like none other on a stationary bike, followed by strength exercises with a full body focus.</p>	<p><b>WALK N ROLL</b> Group indoor walking using 4 Wheeled walkers designed and instructed by physiotherapists. Held on our Walking Track. Intended for those with mobility challenges.</p>	<p><b>WALK WITH A DOC</b> Led by local Doctors, participants are welcome to ask general health questions while walking, such as how to access physiotherapy and what programs might help with certain conditions.</p>
<p><b>STROLLER FIT</b> A combination class focusing on strength and core moves with cardio drills thrown in. Takes place on the Walking Track and is great for parents with their tots.</p>	<p><b>STRENGTH</b> 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.</p>	<p><b>STRENGTH &amp; STRETCH</b> A combination class giving participants half the class dedicated to strength and the rest dedicated to gentle yoga.</p>	<p><b>TRX BOOTCAMP</b> 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.</p>	<p><b>TRX TOTAL BODY TABATA</b> Incorporates cardio, strength, core &amp; 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.</p>
<p><b>B.L.T. BUTT LEGS THIGHS</b> A 30 minute express class designed to challenge your butt, legs and thighs. The ultimate lower body solution.</p>	<p><b>ZUMBA</b> Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.</p>	<p><b>ZUMBA TONE</b> A class combining body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Hard work while having fun!</p>	<p><b>COMING SOON</b> Stay tuned for the next exciting program!</p>	<p><b>COMING SOON</b> Stay tuned for the next exciting program!</p>
<p><b>BASIC YOGA</b> Help relieve stress with a class combining balance, strength, and flexibility training. Designed to be a full body experience.</p>	<p><b>GENTLE YOGA</b> A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.</p>	<p><b>ACTIVE YOGA</b> Enjoy a mix of core and balance work with gentle stretching &amp; relaxation.</p>	<p><b>YOGA FLOW</b> Vinyasa style. Each pose flows into the next with motivating music. Will lengthen muscles &amp; leave you feeling energized.</p>	<p><b>YOGA STRENGTH</b> A fusion class of yoga &amp; pilates blended to give a challenging strength/core work out as well as a satisfying stretch.</p>
<p><b>AQUA MOVEMENTS</b> 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.</p>	<p><b>AQUA FITNESS</b> 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!</p>	<p><b>AQUA ZUMBA</b> A blend of the Zumba philosophy with water resistance, creating a pool party that you don't want to miss!</p>	<p><b>HYDRORIDER</b> Pedal on a unique stationary bike while immersed up to your chest in water. Water shoes are mandatory. Registration is required. Ages 16+</p>	<p><b>RECC MASTERS</b> A club aiming to promote fitness, health, fellowship, fun &amp; participation among adult swimmers. Our coach will provide guidance and leadership during this effective program for non-competitive adult swimmers.</p>

<p><b>SENIORS</b></p> <p><b>SENIOR FIT SERIES</b> Designed for people aged 55+, this series of classes includes Spin, Yoga with chair options, and a low impact Fit class.</p> <p><b>MOVE AND MINGLE</b> 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!</p>	<p><b>KIDS/YOUTH</b></p> <p><b>FIT KIDS</b> A class for ages 5 to 11, featuring DANCEPL3Y Kids on Tuesdays and Kids YOGA on Saturdays.</p> <p><b>TUMBLE BUGS</b> Movement &amp; games for children ages 3 to 5. A great way to introduce physical literacy to pre-schoolers.</p> <p><b>SKILLS &amp; DRILLS</b> An instructor led program for youth ages 6 to 12 looking to improve their skating, puck handling &amp; shooting skills. Participants require full hockey gear.</p>	<p><b>X-PRESS</b></p> <p><b>X-PRESS CLASSES</b> 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.</p>
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