



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!



AQUA FITNESS

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



BOOTCAMP

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.



AQUA MOVEMENT

For those with knee/hip replacements, arthritis or other medical conditions. Designed to help with balance, mobility, flexibility & strength.



TRX

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



HYDRO-RIDERS

Spin class in the pool! Cardio training, set to music on stationary bikes submerged waist deep in water. *Water shoes are mandatory and are not supplied.



STROLLER FIT

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.



FAMILY SWIM

Enjoy family swims at our aquatics centre. Take a dip in our leisure pool fit for all ages. Play around with the sprinklers and bubble maker or simply relax in our pool spa with therapeutic jets.



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.



COMMUNITY CLIMB

Climbers with no belay certification or who wish to climb alone may take advantage of Community Climbing sessions, where staff operate the ropes (belay) for the public.



SILVER STRONG

Circuit style training designed for those aged 55+ who enjoy a variety of mixed exercises. Classes include a focus on strength, cardio, and core.



WALL NUTS

A 6-week climbing skills development course designed to give kids a physical and technical boost in their climbing, starting with the basics.



TABATA TUESDAY

Incorporates strength, cardio, core, and flexibility. Tabata challenges your body with 20 seconds bursts of high intensity followed by 10 seconds of rest.



LEARN 2 BELAY

Belay certification at the Kohltech Climbing Wall empowers climbers to climb during open hours without needing a staff member to belay.



FUN FRIDAY

A combo class that keeps you guessing every Friday with a workout that challenges cardio, strength, and core using a variety of exercise equipment.



POWER/BALANCE YOGA

This class will flow through yoga poses at a steady pace to help build strength and cardiovascular endurance while improving balance and stability.



WAR

Become armed and dangerous with this exhilarating total body workout that combines cardio and strength using punches and kicks.



GENTLE YOGA

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



WOMEN ON WEIGHTS

Designed to engage and teach women of all ages proper technique for exercises and experience the benefits of resistance training.

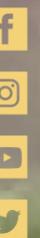


YOGA

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



SPRING FITNESS CLASS & DROP-IN SCHEDULE 2022



SPRING IT ON!

2022 DROP-IN SCHEDULE MARCH 28 - MAY 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
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8:00am	FAMILY SWIMS 6:30 - 10am	FAMILY SWIMS 6:30 - 9am	FAMILY SWIMS 6:30 - 10am	FAMILY SWIMS 6:30 - 9am	FAMILY SWIMS 6:30 - 8am		
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FACILITY HOURS

MON 6AM - 9PM
 TUE 6AM - 9PM
 WED 6AM - 9PM
 THU 6AM - 9PM
 FRI 6AM - 9PM
 SAT 8AM - 8PM
 SUN 8AM - 8PM

CONTACT

625 ABENAKI RD
 TRURO, NS
 B2N 0G6

902.893.2224

WWW.THERECC.CA

MEMBER TYPE	MONTHLY MEMBERSHIP *RECURRING	ANNUAL MEMBERSHIP *1 YEAR PAID IN FULL
ADULT	\$52.95 + HST	\$582.45 + HST
ADULT +1	\$86.95 + HST	\$956.45 + HST
STUDENTS/ SENIORS	\$34.95 + HST	\$384.45 + HST
STUDENTS/ SENIORS +1	\$65.95 + HST	\$725.45 + HST
FAMILY	\$99.99 + HST	\$1099.95 + HST

*One-time facility enhancement fee for each new membership



LEGEND

- FITNESS
- SPIN
- WILSONS COMPETITIVE POOL
- TIM HORTONS LEISURE POOL
- RECC ARENA
- KOHLTECH CLIMBING WALL

Did you know?

WE RENT OUR FACILITY OUT FOR BIRTHDAY PARTIES, MEETINGS AND EVENTS!

FROM EXCLUSIVE SKATING, POOL OR CLIMBING WALL BIRTHDAY PARTIES, MEETING AND CONFERENCE SPACES, RIGHT UP TO LARGE SCALE EVENTS, SHOWS AND COMPETITIONS - LET OUR FACILITY BE THE PERFECT VENUE FOR YOUR NEXT EVENT! FOR MORE INFORMATION EMAIL RFARRELL@THERECC.CA



JAMES BARKER BAND

JOJO MASON

SHAWN AUSTIN

Kelly Prescott

MANNY BLU

DALLAS SMITH
SOME THINGS NEVER CHANGE

AT THE RECC JUNE 18, 2022
GET TICKETS AT SHOWPASS.COM

THERECC.CA

PERSONAL TRAINING
NOW AVAILABLE!

SIGN UP TODAY!
CONTACT CHANTZ
 CPARKER@RATHEASTLINKCC.CA
 FITNESS & WELLNESS SPECIALIST

RECC

WOW
 women on weights

WEDNESDAYS 9AM - 10:15AM
 APRIL 13 - JUNE 1 (8 SESSIONS)

MEMBERS: \$112 + TAX NON-MEMBERS \$125 + TAX

REGISTRATION DEADLINE APRIL 6
 SIGN UP AT THE RECC OR CALL (902) 893-2224