

# WINTER WORK OUT DROP-IN SCHEDULE

JANUARY 2<sup>nd</sup> to MARCH 18<sup>th</sup>

## 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

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	<b>SPIN</b> Tammy 6-7am	<b>BOSSCAMP</b> Heather 6-7am	<b>BOSSCAMP</b> Camilla 6-7am	<b>SPIN</b> Tammy 6-7am	<b>BOSSCAMP</b> Heather 6-7am	<b>BOSSCAMP</b> Camilla 6-7am	<b>SPIN &amp; CORE</b> Tammy 6-7am			
			<b>HYDRORIDER</b> Session 1 - 7:15-7:45am Session 2 - 7:50-8:20am		<b>BODY STRONG</b> Jeff 7:15-8:15am		<b>HYDRORIDER</b> Session 1 - 7:15-7:45am Session 2 - 7:50-8:20am		<b>BODY STRONG</b> Jeff 7:15-8:15am	
	<b>ZUMBA TONE</b> Heidi 8:15-9:15am				<b>ZUMBA</b> Heidi 8:15-1:15am					<b>WALK WITH A DOC</b> Walking Track with Local Doctors 8:30-9:30am
	<b>AQUA FITNESS</b> Sylvie 9-10am	<b>SPIN RHYTHM &amp; RESISTANCE</b> Heather 9:15-10:15am	<b>TRX BOOTCAMP</b> Camilla 9:15-10:15am	<b>AQUA FITNESS</b> Tracey 9-10am	<b>SPIN &amp; CORE</b> Camilla 9:15-10:15am	<b>MOVE &amp; MINGLE</b> 55+ / Heather 9:15-10:15am	<b>AQUA FITNESS</b> Tracey 9-10am	<b>ZUMBA</b> Celeste 9-10am	<b>MOVE &amp; MINGLE</b> 55+ / TRX Heather 9:15-10:15am	<b>B.L.T. (TURF)</b> Camilla 9:15-9:45am
	<b>AQUA MOVEMENTS</b> Florence 10-11am		<b>GENTLE YOGA</b> Camilla 10:30-11:30am	<b>AQUA MOVEMENTS</b> Tracey 10-11am	<b>TUMBLE BUGS</b> Child Mind Room 10:30-11	<b>SENIOR FIT</b> Sheila 10:30-11:30	<b>AQUA MOVEMENTS</b> Tracey 10-11am	<b>SPIN &amp; CORE</b> Camilla 10-11am	<b>SENIOR FIT</b> Sheila 10:30-11:30am	<b>TRX BOOTCAMP</b> Heather 9:15-10:15am
		<b>ADULT PICKUP HOCKEY</b> Co-ed: 12-1pm	<b>SPIN</b> Camilla 12:15-1pm	<b>BOSSCAMP</b> Heather 12:15-1:15pm	<b>TRX TOTAL BODY TABATA</b> Heather / Jodie 12:15-1pm	<b>CLIMB FIT BOOTCAMP</b> Matthew 12:15-1pm	<b>HYDRORIDER</b> Camilla 12:15-12:45pm	<b>ADULT PICKUP HOCKEY</b> Co-ed: 12-1pm	<b>BOSS CAMP</b> Heather 12:15-1:15pm	<b>TRX TOTAL BODY TABATA</b> Camilla 12:15-1pm
				<b>AQUA MOVEMENTS</b> Georgena 2-2:45pm		<b>WALK n ROLL</b> Walking Track 2:30-3:30pm				
	<b>SKILLS &amp; DRILLS</b> (ages 6-12) Josh 4-5pm		<b>BOSSCAMP</b> Camilla 4:30-5:30pm	<b>STRENGTH &amp; STRETCH</b> Laura 4:30-5:30pm	<b>B.L.T.</b> Heather 4:30-5pm		<b>SPIN</b> Camilla 4:30-5:30pm	<b>R.A.W.</b> Laura 4:30-5:30pm	<b>SPIN RHYTHM &amp; RESISTANCE</b> Heather 4:30-5:20pm	
	<b>ZUMBA</b> Tammy 5:30-6:30pm	<b>AQUA FITNESS</b> Tracey 5:45-6:30pm	<b>SPIN</b> Heather 5:30-6:15pm	<b>FIT KIDS</b> Child Mind Room 5:30-6pm	<b>POUND</b> Kaitlyn 5:30-6:20pm		<b>AQUA FITNESS</b> Tracey 5:45-6:30pm	<b>STRENGTH</b> Laura 5:30-6:30pm	<b>TRX BOOTCAMP</b> Heather 5:30-6:30pm	<b>R.A.W.</b> Kaitlyn 5:30-6:30pm
	<b>STRENGTH</b> Tammy 6:30-7:30pm	<b>BOSSCAMP</b> Heather 6:30-7:30pm	<b>AQUA FITNESS</b> Sylvie 6:30-7:15pm	<b>YOGA</b> Mandy 6:30-7:30pm	<b>CLIMB FIT BOOTCAMP</b> Kaitlyn 6:30-7:30pm	<b>POUND</b> Tammy 6:30-7:30pm	<b>AQUA FITNESS</b> Sylvie 6:30-7:15pm			<b>YOGA</b> Mandy 5:30-6:30pm
	<b>YOGA FLOW</b> Hyesun 7:30-8:30pm		<b>AQUA ZUMBA</b> Heidi 7:30-8:15pm			<b>ZUMBA</b> Tammy 7:30-8:30pm	<b>AQUA ZUMBA</b> Michelle 7:30-8:15pm			<b>RECC MASTERS SWIM</b> 6:30-7:30pm
			<b>RECC MASTERS SWIM</b> 8:30-9:30pm				<b>RECC MASTERS SWIM</b> 8:30-9:30pm			
		<b>ADULT PICKUP HOCKEY</b> Co-ed: 10-11pm		<b>ADULT PICKUP HOCKEY</b> Co-ed: 10-11pm		<b>ADULT PICKUP HOCKEY</b> Co-ed: 10-11pm				

## 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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