

**ABSolutely**

Fifteen minutes of core training- great add on or stand alone experience!

**Barbell Bosscamp**

An overall body workout using an adjustable barbell, dumbbells and body weight. Guaranteed to make you sweat!

**Bosscamp**

(Becoming Our Strongest Selves) - 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!

**Bosu/KB Blast**

This class will shake up your cardio, core and weight lifting routine. The Kettlebell works many different muscles at the same time while increasing your cardiovascular performance. The Bosu will help your balance, as well as strengthen ligaments, tendons and core muscles. These two pieces of gym equipment are a match made in workout heaven.

**Cardio Kick & Core**

High intensity cardio kick-boxing with core and lower body strength mixed in.

**Full Body Burn**

A Full Body workout that is sure to kick your butt into gear!

**Gentle Movement**

Gentle Movement is a community based program offered to participants with limited mobility. Designed to help improve quality of life, maintain independence, and reduce risk of falls by offering exercises to improve strength, flexibility & balance.

**Low Impact**

Low impact cardio, strength, core and balance training for older adults, newer exercisers or those with physical considerations.

**Strength**

A total body workout using barbells, free weights, tubing, stability balls, and body weight. A great way to target and tone all of the major muscle groups; for all fitness levels.

**Stroller Fit**

A community class focusing on strength and core moves with cardio drills thrown in. Great for parents with their tots. Children must be under the age of two and appropriately supervised during the class.

**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.

**Gentle Yoga**

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

**Yoga**

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

**Yoga Strong**

A fusion class featuring Yoga and Pilates blended together to give you a challenging strength and core workout, as well as a satisfying stretch.

**War**

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

**Pound**

Sweat, sculpt and ROCK your body with a workout combining cardio & strength to tone your lower body, sculpt your upper body, and define your abs.

**Zumba**

Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.

**Zumba Tone**

A class combining body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Hard work while having fun!

**Spin & Core**

A class that starts out on a stationary bike and ends with core exercises. A great way to burn calories and strengthen your core!

**Spin**

A high-energy cardio workout 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!

**Aqua Fit**

Take the stress off your joints with this low-to-no impact cardio and strength class that allows you to work at your own pace. Guaranteed to have a splashing good time!

**Aqua Movement**

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

**AQUA ZUMBA**

A blend of the Zumba philosophy with water-resistance, creating a pool party that you don't want to miss!

**Masters**

A drop-in swim club that provides coach guidance and training for non-competitive adult swimmers. Promotes fitness, health, fellowship, participation, leadership and fun.

**Hydro Rider**

Pedal on a unique stationary bike while immersed up to your chest in water. Water shoes are mandatory. Registration is required. Ages 16+



[www.therecc.ca](http://www.therecc.ca)

# Fall Drop In Schedule

Sep 7 - Dec 18th



# Drop In Schedule

Sep 7 - Dec 18th

# Fall 2021

	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am						
6:15am						
6:30am						
6:45am						
7:00am						
7:15am						
7:30am	Hydro Riders Sylvie 7:25-7:55am		Hydro Riders Sylvie 7:25-7:55am			
7:45am						
8:00am	Hydro Riders Sylvie 8:00-8:30am		Hydro Riders Sylvie 8:00-8:30am			
8:15am						
8:30am		AquaZumba Heidi 8:00-8:45am		AquaZumba Heidi 8:00-8:45am		
8:45am						
9:00am						
9:15am						
9:30am	Zumba Heidi 9:15-10:15am	Silver Strong Heather 9:15-10:15am	Zumba Tone Heidi 9:15-10:15am	Barbell Bosscamp Laura 9:15-10:15am	Strength Laura 9:15-10:15am	Pound Hema 9:15-10:15am
9:45am						
10:00am						
10:15am	AquaFit Sylvie 9:00-9:45am	AquaFit Tracey 9:00-9:45am	AquaFit Sylvie 9:00-9:45am	AquaFit Tracey 9:00-9:45am	AquaFit Sylvie 9:00-9:45am	
10:30am	Aqua Movement Florence 10:00-10:45am	Aqua Movement Tracey 10:00-10:45am	Aqua Movement Florence 10:00-10:45am	Aqua Movement Tracey 10:00-10:45am	Aqua Movement Florence 10:00-10:45am	
10:30am	Gentle Yoga Laura 10:30-11:30am	Spin & Core Heather 10:30-11:30am	Low Impact Laura 10:30-11:30am	Gentle Yoga Laura 10:30-11:30am	Low Impact Laura 10:30-11:30am	Yoga Strong Hyesun 10:30-11:30am
10:45am			Absolutely Laura 15mins		Absolutely Laura 15mins	
11:00am						
11:15am						
11:30am						
11:45am						
12:00pm						
12:15pm						
12:30pm	Barbell Bosscamp Laura 12:15-1:00pm	Public Skating 12:00-1:00pm	Full Body Burn Heather 12:15-1:00pm	Adult Pick-up Hockey 12:00-1:00pm	Cardio Kick & Core Laura 12:15-1:00pm	Community Climb 10:00am-1:00pm
12:45pm						
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						
4:30pm						
4:45pm	Cardio Kick & Core Laura 4:30-5:20pm		Bosu/KB Blast Heather 4:30-5:20pm	Spin Robyn 4:30-5:20pm		
5:00pm						
5:15pm						
5:30pm						
5:45pm						
6:00pm	Bosscamp Sue 5:30-6:20pm	Strength Robyn 5:30-6:20pm	Spin Heather 5:30-6:20pm	Strength Robyn 5:30-6:20pm		
6:15pm						
6:30pm						
6:45pm						
7:00pm	Yoga Strong Hyesun 6:30-7:30pm	Spin Robyn 6:30-7:30pm	BOSSCamp Heather 6:30-7:30pm	Yoga Hyesun 6:30-7:30pm		
7:15pm						
7:30pm	Aqua Fit Tracey 6:45-7:30pm	Aqua Fit Sylvie 6:30-7:15pm	Aqua Fit Tracey 6:45-7:30pm	Aqua Zumba Michelle 6:30-7:15pm		
7:45pm						
8:00pm						
8:15pm						
8:30pm						
8:45pm						
9:00pm						
9:15pm						
9:30pm						
9:45pm						
10:00pm						
		Masters Jessica 8:00-9:00pm			Masters Jessica 8:00-9:00pm	

classes subject to change, please visit [www.therecc.ca](http://www.therecc.ca) for the most up to date schedule



@ratheastlinkcc

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**Facility Hours**

**GENERAL:**  
 Monday - 6AM - 9PM  
 Tuesday - 6AM - 9PM  
 Wednesday - 6AM - 9PM  
 Thursday - 6AM - 9PM  
 Friday - 6AM - 9PM  
 Saturday - 8AM - 8PM  
 Sunday - 8AM - 8PM

**HOLIDAYS:**  
 Thanksgiving Day - 8am - 8pm  
 Remembrance Day - 1pm - 8pm  
 National Day for Truth and Reconciliation - CLOSED

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**Kohltech Climbing Wall\***

Climbing wall is expected to be reopened during the Fall  
 We will be posting updates on our website ( [www.therecc.ca](http://www.therecc.ca) ) and on facebook ( @ratheastlinkcc )  
 So be sure to follow us for the latest news

**Community Climbs:**  
 Monday / Wednesday  
 4pm-6pm  
 Saturday 10am - 1pm  
 \*Tentative opening date: OCTOBER 4th

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**Community Credit Union Arena**

**PUBLIC SKATING**  
 Monday, Wednesday & Friday 12-1pm – please check our online schedule for additional times

**ADULT PICK-UP HOCKEY (Co-ed)**  
 Tuesday & Thursday 12-1pm

Stanfields Walking Track open all hours the facility is open (unless there is a special event in the Arena)

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**Rates**

	Per month	Continuous Payment 1 Year Paid in Full (12 months for the price of 11)
Adult	\$52.95 + HST	\$582.45 + HST
Adult + 1	\$86.95 + HST	\$956.45 + HST
Student /Club 60	\$34.95 + HST	\$384.45 + HST
Student /Club 60+1	\$65.95 + HST	\$725.45 + HST
Family	\$99.95 + HST	\$1099.95 + HST

Day Pass\*:  
 Adult \$8.50 (Includes tax)  
 Student \$6.50 (Includes tax)  
 Club 60 \$6.50 (Includes tax)  
 Family \$19 (Includes tax)

10 Use Pass - Buy in bulk and save!  
 Adult \$68 (Includes tax)  
 Student \$50 (Includes tax)  
 Club60 \$50 (Includes tax)

