

# FALL FITNESS

## FITNESS CLASS & DROP-IN SCHEDULE | SEPT 4 - DEC 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am	SPIN Tammy 6-6:45am	BOSSCAMP Will 6-7am	BOSSCAMP Camilla 6-7am	BOSSCAMP Camilla 6-7am	BOSSCAMP Laura 6-7am		
6:30am							
6:45am							
7:00am							
7:15am	YOGA Jeff 7:15-8am						
7:30am							
7:45am		HYDRORIDER Session 1 - 7:10-7:40am Session 2 - 7:45-8:15am		HYDRORIDER Session 1 - 7:10-7:40am Session 2 - 7:45-8:15am			
8:00am			BODY STRONG Jeff 7:15-8am		BODY STRONG Jeff 7:15-8am		
8:15am							
8:30am	ZUMBA TONE Heidi 8:15-9am	AQUA ZUMBA Heidi 8:15-9am		ZUMBA Heidi 8:15-9am	AQUA ZUMBA Heidi 8:15-9am		
8:45am							
9:00am							
9:15am	AQUA FITNESS Sylvie 9-10am	SPIN RHYTHM & RESISTANCE Heather 9:15-10:15am	TRX BOOTCAMP Camilla 9:15-10:15am	AQUA FITNESS Tracey 9-10am	ZUMBA Celeste 9-10am		
9:30am							
9:45am							
10:00am	AQUA MOVEMENTS Florence 10-11am						
10:15am							
10:30am							
10:45am							
11:00am	GENTLE YOGA Camilla 10:30-11:30am						
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm							
12:30pm	TRANSFORM CLIMBING WALL Laura 12:15-1pm	SPIN Camilla 12:15-1pm	ADULT PICKUP HOCKEY Co-ed: 12-1pm	BOSS CAMP Heather 12:15-1:15pm	TRX TOTAL BODY PERFORMANCE Heather / Jodie 12:15-1pm	CLIMB FIT BOOTCAMP CLIMBING WALL Matthew 12:15-1pm	
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	SKILLS & DRILLS (ages 6-12) Josh 4-5pm						
4:15pm							
4:30pm							
4:45pm							
5:00pm		BOSSCAMP Camilla 4:30-5:30pm	STRENGTH & STEP Laura 4:30-5:30pm	GUTS & BUTTS Heather 4:30-5:15pm	SPIN Camilla / Heather 4:30-5:30pm	X-TREME BOSU + KETTLEBELL Heather / Camilla 4:30-5:30pm	
5:15pm							
5:30pm							
5:45pm							
6:00pm	ZUMBA Tammy 5:30-6:30pm	AQUA FITNESS Tracey 5:45-6:30pm	SPIN Heather 5:30-6:15pm	POUND RECC Instructor 5:30-6:20pm	AQUA FITNESS Tracey 5:45-6:30pm	CLIMB FIT BOOTCAMP CLIMBING WALL 6-7pm	
6:15pm							
6:30pm							
6:45pm							
7:00pm	STRENGTH Tammy 6:30-7:30pm	BOSSCAMP Heather 6:30-7:30pm	AQUA FITNESS Sylvie 6:30-7:15pm	YOGA Mandy 6:30-7:30pm	TECHNIQUE NIGHT CLIMBING WALL 7-8pm		
7:15pm							
7:30pm							
7:45pm							
8:00pm	YOGA FLOW Mandy 7:30-8:30pm						
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							
9:30pm							
9:45pm							
10:00pm							

**POOL - OPEN SWIM**

Monday - Friday  
6am - 9am *Both Pools*  
11am - 4pm *Both Pools*

Monday & Wednesday  
6:30pm - 9:30pm *Both Pools & Slide*

Tuesday & Thursday  
7:00pm - 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*

**SINGLE LANE SWIMMING**

Monday - Friday  
6am - 9:30pm *Competitive Pool*

Saturday & Sunday  
8am - 7:30pm *Competitive Pool*

**\$3 COMMUNITY SWIM - EVERY FRIDAY**

6:30pm - 9:30pm *Both Pools & Slide*

**ROCK WALL - OPEN CLIMB**

Mon & Tue: 1pm - 5:30pm, 8pm - 9pm  
Wed: 1pm - 6pm, 7pm - 9pm  
Thursday: 1pm - 9pm  
Friday: 1pm - 8pm  
Saturday: 10am - 7pm  
Sunday: Noon - 7pm

**COMMUNITY CLIMB**  
STAFF BELAYERS ON-SITE & AVAILABLE

Tuesday: 3:30pm - 5:30pm  
Saturday: 10am - 1:30pm  
Sunday: Noon - 2pm

**PUBLIC SKATING**

Tuesday & Thursday 12pm - 1pm  
Friday 3:30pm - 5pm

Weekends: Please see online schedule

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

Mon & Wed 12pm - 1pm  
Tues & Thurs 10pm - 11pm

**WALKING TRACK**

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

**FITNESS CENTRE**

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

**CHILD MINDING**

CHILDREN 1-12 YEARS

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

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

**NOURISH EATERY**

Monday - Saturday 9am - 7pm  
Sunday 11am - 5pm

**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>YOGA</b></p> <p>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></p> <p>A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.</p>	<p><b>ACTIVE YOGA</b></p> <p>Enjoy a mix of core and balance work with gentle stretching &amp; relaxation.</p>	<p><b>YOGA FLOW</b></p> <p>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></p> <p>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></p> <p>For those with knee/hip replacements, arthritis or other medical conditions. Designed to help balance, mobility, flexibility &amp; strength.</p>	<p><b>AQUA FITNESS</b></p> <p>Take the stress off your joints. This class is low-to-no impact cardio &amp; strengthening that allows you to work at your own pace. Guaranteed to have a splashing good time!</p>	<p><b>AQUA ZUMBA</b></p> <p>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></p> <p>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></p> <p>A drop-in swim club that provides coach guidance and training for non-competitive adult swimmers. Promotes fitness, health, fellowship, participation, leadership and fun.</p>
<p><b>BODY STRONG</b></p> <p>Looking for variety for your work out that includes cardio, strength, endurance &amp; flexibility training? This is the class for you.</p>	<p><b>SPIN</b></p> <p>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></p> <p>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>POUND</b></p> <p>Sweat, sculpt and ROCK your body with a workout combining cardio &amp; strength to tone your lower body, sculpt your upper body, and define your abs.</p>	<p><b>ZUMBA TONE</b></p> <p>A class combining body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Hard work while having fun!</p>
<p><b>B.L.T. BUTT LEGS THIGHS</b></p> <p>A 30 minute express class designed to challenge your butt, legs and thighs. The ultimate lower body solution.</p>	<p><b>WAR</b></p> <p>Become armed &amp; dangerous with this exhilarating total body workout that combines cardio and strength using punches and kicks. <small>NEW!</small></p>	<p><b>STRONG by ZUMBA PUSH YOUR LIMITS!</b></p> <p>A high-intensity workout led by music to motivate you to crush your ultimate fitness goals. <small>NEW!</small></p>	<p><b>WALK WITH A DOC</b></p> <p>Led by local Doctors, participants are welcome to ask general health questions while walking around the RECC Walking Track.</p>	<p><b>ZUMBA</b></p> <p>Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.</p>
<p><b>STROLLER FIT</b></p> <p>A combination class focusing on strength and core moves with cardio drills thrown in. Takes place in the Group Exercise room and is great for parents with their tots.</p>	<p><b>STRENGTH</b></p> <p>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>WALK n ROLL</b></p> <p>Group indoor walking on our Walking Track with 4-Wheeled walkers. Designed and instructed by physiotherapists. Intended for those with mobility challenges.</p>	<p><b>SPIN: RHYTHM +RESISTANCE</b></p> <p>Experience a cardio work out like none other on a stationary bike, followed by strength exercises with a full body focus.</p>	<p><b>TRX BOOTCAMP</b></p> <p>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>BOSSCAMP BECOMING OUR STRONGEST SELVES</b></p> <p>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>FUN FRIDAY</b></p> <p>A combination class that keeps you guessing every Friday with a workout that challenges cardio, strength and core using a variety of equipment. Come for the fun, leave feeling fit! <small>NEW!</small></p>	<p><b>R.A.W. REAL ATHLETIC WORKOUT</b></p> <p>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>TRX TOTAL BODY PERFORMANCE</b></p> <p>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>CLIMBFIT BOOTCAMP</b></p> <p>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>TRANSFORM</b></p> <p>A fun blend of Yoga and sport to help lengthen and strengthen your body. <small>NEW!</small></p>	<p><b>GUTS and BUTTS</b></p> <p>A 45 minute class dedicated to shaping and strengthening your lower body and core!</p>	<p><b>X-TREME BOSU+ KETTLEBELL</b></p> <p>Two pieces of workout equipment: A match made in heaven! This class will shake up your cardio, core and weight lifting routine. The kettlebell works muscles and cardio while the Bosu helps balance and strengthen ligaments, tendons and core. <small>NEW!</small></p>	<p><b>ADULT</b></p> <p><b>INTRO TO LANE SWIMMING</b></p> <p>A drop-in class designed for those who can comfortably swim one full length of the pool (25m). The premise is to make coming to a lane swim feel less intimidating by strengthening your strokes and teaching you how to make your own custom swim workout. This class offers a lot of freedom and will cover various personalized topics. <small>various</small></p>	
<p><b>ROCK SOLID</b></p> <p>A combo class focused on cardio, strength and core training utilizing various equipment around RECC, including Climbing Wall and ADC. <small>NEW!</small></p>	<p><b>STRENGTH+STEP</b></p> <p>A combination class giving participants half the class dedicated to strength and the rest dedicated to cardio on the Step. Great for all ages and abilities.</p>		<p><b>ADULT</b></p> <p><b>ADULT PICKUP HOCKEY</b></p> <p>Co-ed drop-in shinny hockey for all adult ages and skills. Free for members, \$10 drop-in fee for non. * Requires full hockey gear.</p>	
<p><b>CLUB 55+</b></p> <p><b>SENIOR FIT</b></p> <p>Designed for adults aged 55 and up featuring low impact cardio, strength, flexibility and balance training.</p>	<p><b>MOVE &amp; MINGLE</b></p> <p>For those who enjoy exercising in a group setting with a social aspect to make it fun! Includes a mix of strength, cardio and core workouts.</p>	<p><b>YOUTH</b></p> <p><b>SKILLS &amp; DRILLS</b></p> <p>An instructor led program for youth ages 6 to 12 looking to improve their skating, puck handling and shooting skills. * Requires full hockey gear.</p>		

