

SPRING IT ON!

FITNESS CLASS & DROP-IN SCHEDULE | MARCH 19 - JUNE 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:15am	SPIN Tammy 6-7am	BOSSCAMP Heather 6-7am	BOSSCAMP Camilla 6-7am	BOSSCAMP Camilla 6-7am	SPIN & CORE Tammy 6-7am		
6:30am							
6:45am							
7:00am							
7:15am							
7:30am	YOGA Jeff 7:15-8:15am		BODY STRONG Jeff 7:15-8:15am		BODY STRONG Jeff 7:15-8:15am		
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							
8:15am							
8:30am		ZUMBA TONE Heidi 8:15-9:15am	AQUA ZUMBA Heidi 8:15-9am		AQUA ZUMBA Heidi 8:15-9am		
8:45am							
9:00am	AQUA FITNESS Sylvie 9-10am	SPIN RHYTHM & RESISTANCE Heather 9:15-10:15am	TRX BOOTCAMP Camilla 9:15-10:15am				
9:15am							
9:30am							
9:45am							
10:00am	AQUA MOVEMENTS Florence 10-11am						
10:15am							
10:30am							
10:45am		GENTLE YOGA Camilla 10:30-11:30am					
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm	ADULT PICKUP HOCKEY Co-ed: 12-1pm						
12:30pm							
12:45pm							
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm							
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3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm	SKILLS & DRILLS (ages 6-12) Josh 4-5pm						
4:30pm							
4:45pm							
5:00pm							
5:15pm							
5:30pm							
5:45pm							
6:00pm	ZUMBA Tammy 5:30-6:30pm						
6:15pm							
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6:45pm							
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7:45pm							
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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 - 9:30am *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 - Wed: Noon - 5:30pm
Mon - Wed: 8pm - 9pm
Thursday & Friday: Noon - 9pm
Saturday: 10am - 8pm
Sunday: Noon - 8pm

COMMUNITY CLIMB
STAFF BELAYERS ON-SITE & AVAILABLE

Monday - Thursday
Times vary, please see online schedule

Saturday
10am - 2pm

Sunday
12pm - 2pm

PUBLIC SKATING

Tuesday & Thursday
12pm - 1pm

Friday
4pm - 5:15pm

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)

Tues, Wed & Fri
9am - 12pm

NOURISH EATERY

Monday - Saturday
8am - 8pm

Sunday
10am - 6pm

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 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>BODY STRONG Looking for variety for your work out that includes cardio, strength, endurance & flexibility training? This is the class for you.</p>	<p>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!</p>	<p>CLIMBFIT BOOTCAMP 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>POUND 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>R.A.W. REAL ATHLETIC WORKOUT 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>SPIN 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>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!</p>	<p>SPIN: RHYTHM & RESISTANCE Experience a cardio work out like none other on a stationary bike, followed by strength exercises with a full body focus.</p>	<p>WALK N ROLL 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>WALK WITH A DOC 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>STROLLER FIT 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>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.</p>	<p>STRENGTH & STEP 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>TRX BOOTCAMP 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>TRX TOTAL BODY PERFORMANCE Incorporates cardio, strength, core & 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.L.T. BUTT LEGS THIGHS A 30 minute express class designed to challenge your butt, legs and thighs. The ultimate lower body solution.</p>	<p>ZUMBA Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.</p>	<p>ZUMBA TONE A class combining body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Hard work while having fun!</p>	<p>GUTS & BUTTS A 45 minute class dedicated to shaping and strengthening your lower body and core!</p>	<p>SALSATION A fun and addictive dance fitness program based on functional training with a very strong focus on musicality and lyrical expression.</p>
<p>BASIC YOGA Help relieve stress with a class combining balance, strength, and flexibility training. Designed to be a full body experience.</p>	<p>GENTLE YOGA A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.</p>	<p>ACTIVE YOGA Enjoy a mix of core and balance work with gentle stretching & relaxation.</p>	<p>YOGA FLOW Vinyasa style. Each pose flows into the next with motivating music. Will lengthen muscles & leave you feeling energized.</p>	<p>YOGA STRENGTH A fusion class of yoga & pilates blended to give a challenging strength/core work out as well as a satisfying stretch.</p>
<p>AQUA MOVEMENTS 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>AQUA FITNESS 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>AQUA ZUMBA A blend of the Zumba philosophy with water resistance, creating a pool party that you don't want to miss!</p>	<p>HYDRORIDER 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>RECC MASTERS A club aiming to promote fitness, health, fellowship, fun & participation among adult swimmers. Our coach will provide guidance and leadership during this effective program for non-competitive adult swimmers.</p>

SENIORS

SENIOR FIT SERIES
Designed for adults aged 55 and up featuring low impact cardio, strength, flexibility and balance training.

MOVE AND MINGLE
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!

KIDS/YOUTH

SKILLS & DRILLS
An instructor led program for youth ages 6 to 12 looking to improve their skating, puck handling & shooting skills. Participants require full hockey gear.

X-PRESS

X-PRESS CLASSES
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.



V2



SPRING FITNESS CLASS & DROP-IN SCHEDULE 2018