

# MONDAY

- 6AM SPIN**  
45min. w/Tammy
- 6AM BOSSCAMP**  
60min. w/Will
- 715AM YOGA**  
45min. w/Jeff
- 8AM ZUMBA TONE**  
60min. w/Heidi
- 9AM AQUA FITNESS**  
60min. w/Sylvie
- 915AM SPIN [ RHYTHM + RESISTANCE ]**  
60min. w/Heather
- 915AM TRX BOOTCAMP**  
60min. w/Camilla
- 10AM AQUA MOVEMENTS**  
60min. w/Florence
- 930AM SENIOR FITNESS**  
45min. Millbrook A w/Laura
- 1030AM YOGA**  
60min. Millbrook A w/Hyesun
- 1030AM YOGA [GENTLE]**  
60min. w/Camilla
- 12PM PICKUP HOCKEY**  
60min. Co-Ed / Adults 16+
- 1215PM SPIN**  
45min. w/Camilla
- 1215PM BOSSCAMP**  
60min. w/Heather
- 4PM SKILLS + DRILLS \* Ends Apr 29**  
60min. Ages 6 - 12 w/Josh
- 430PM BOSSCAMP**  
60min. w/Camilla
- 530PM ZUMBA**  
60min. w/Tammy
- 545PM AQUA FITNESS**  
45min. w/Tracey
- 630PM STRENGTH**  
60min. w/Tammy
- 730PM YOGA [FLOW]**  
60min. w/Allyson

# TUESDAY

- 6AM BOSSCAMP**  
60min. w/Camilla
- 710AM HYDRORIDERS**  
Session I - 30min. w/Sylvie
- 745AM HYDRORIDERS**  
Session II - 30min. w/Sylvie
- 815AM AQUA ZUMBA**  
45min. w/Heidi
- 9AM AQUA FITNESS**  
60min. w/Tracey
- 915AM SPIN + CORE**  
60min. w/Camilla
- 915AM MOVE + MINGLE**  
60min. Seniors 55+ w/Heather
- 10AM AQUA MOVEMENTS**  
60min. w/Tracey
- 1030AM SENIOR FIT**  
60min. w/Sylvie
- 1130AM STROLLER FIT**  
45min. w/Camilla
- 1215PM TRX TOTAL BODY**  
45min. w/Heather / Jodie
- 1215PM CLIMBFIT BOOT.**  
60min. Climbing Wall w/Matthew
- 230PM WALK N ROLL**  
60min. Walking Track
- 430PM GUTS + BUTTS**  
45min. w/Heather
- 530PM SPIN + STRENGTH**  
50min. w/Heather
- 530PM POUND**  
50min. w/Hema
- 545PM HYDRORIDERS**  
30min. w/Sylvie
- 630PM BOSSCAMP**  
60min. w/Heather
- 630PM AQUA FITNESS**  
45min. w/Sylvie
- 830PM RECC MASTER SWIM**  
60min. w/Mike
- 10PM PICKUP HOCKEY**  
60min. Co-Ed / Adults 16+

# WEDNESDAY

- 6AM SPIN**  
45min. w/Tammy
- 6AM BOSSCAMP**  
60min. w/Will
- 715AM BODY STRONG**  
45min. w/Jeff
- 8AM AQUALITE**  
45min. w/Sylvie
- 8AM STRONG by ZUMBA**  
60min. w/Heidi
- 9AM AQUA FITNESS**  
60min. w/Sylvie
- 915AM BOSSCAMP**  
60min. w/Camilla
- 10AM AQUA MOVEMENTS**  
60min. w/Florence
- 1030AM YOGA [GENTLE]**  
60min. w/Jodie / Camilla
- 1030AM YOGA**  
60min. Millbrook A w/Allyson
- 12PM PICKUP HOCKEY**  
60min. Co-Ed / Adults 16+
- 1215PM AQUA SPIN + CORE**  
45min. w/Sylvie
- 1215PM BOSSCAMP**  
60min. w/Heather
- 2PM GENTLE MOVEMENT**  
30min. w/Heather
- 330PM BOOTCAMP 4 YOUTH**  
45min. Ages 10 - 13 w/Heather
- 430PM SPIN**  
45min. w/Camilla / Heather
- 430PM FUSION [ TRX ]**  
45min. w/Heather/Camilla
- 530PM STRENGTH**  
60min. w/Laura
- 545PM AQUA FITNESS**  
45min. w/Tracey
- 6PM CLIMBFIT BOOTCAMP**  
60min. Climbing Wall w/Matthew
- 630PM YOGA**  
60min. w/Mandy
- 7PM TECHNIQUE NIGHT**  
60min. Climbing Wall w/Matthew

# THURSDAY

- 6AM BOSSCAMP**  
60min. w/Camilla
- 710AM HYDRORIDERS**  
Session I - 30min. w/Sylvie
- 745AM HYDRORIDERS**  
Session II - 30min. w/Sylvie
- 815AM AQUA ZUMBA**  
45min. w/Heidi
- 9AM AQUA FITNESS**  
60min. w/Tracy
- 9AM ZUMBA**  
60min. w/Celeste
- 915AM MOVE + MINGLE**  
60min. w/Heather
- 915AM CYCLE CIRCUIT**  
75min. w/Camilla
- 10AM AQUA MOVEMENTS**  
60min. w/Tracey
- 1030AM SENIOR FIT**  
60min. w/Laura
- 1130AM STROLLER FIT**  
45min. w/Camilla
- 1215PM TRX TOTAL BODY**  
45min. w/Camilla
- 1215PM SPIN**  
45min. w/Heather
- 430PM GUTS + BUTTS**  
45min. w/Laura
- 530PM POUND**  
60min. w/Tammy
- 645PM AQUA ZUMBA**  
45min. w/Michelle
- 630PM ZUMBA**  
60min. w/Tammy
- 830PM RECC MASTER SWIM**  
60min. w/Mike
- 10PM PICKUP HOCKEY**  
60min. Co-Ed / Adults 16+

# FRIDAY

- 6AM BOSSCAMP**  
60min. w/Laura
- 715AM BODY STRONG**  
45min. w/Jeff
- 8AM ZUMBA**  
60min. w/Heidi
- 9AM AQUA FITNESS**  
60min. w/Sylvie
- 915AM FUN FRIDAY**  
60min. w/Heather
- 10AM AQUA MOVEMENTS**  
60min. w/Florence
- 1030AM YOGA [GENTLE]**  
60min. w/Jodi
- 1215PM WAR**  
45min. on the Turf w/Joel
- 1215PM STRONG by ZUMBA**  
45min. w/Heidi
- 530PM R.A.W.**  
60min. w/Will
- 630PM COMMUNITY SWIM**  
\$3 per person 630pm - 930pm

# SATURDAY

- 815AM POUND**  
60min. w/Tammy
- 830AM WALK WITH A DOC**  
60min. on Track w/Local Doctors
- 915AM ZUMBA**  
60min. w/Tammy
- 1030AM YOGA [STRENGTH]**  
60min. w/Hyesun

# SUNDAY

- 530PM STRONG by ZUMBA**  
60min. w/Hema
- 630PM RECC MASTER SWIM**  
60min. w/Mike
- 630PM YOGA**  
60min. w/Hyesun

# SPRING IT ON 2019 RUNS MAR 19<sup>th</sup> - JUN 30<sup>th</sup>

## CLASSES

CLASSES	DESCRIPTIONS
<b>SPIN</b>	High-energy cardio training, set to music on stationary bikes.
<b>CYCLE CIRCUIT</b>	SPIN meets tone. Builds muscle, improves endurance & torches calories.
<b>SPIN [ RHYTHM + RESISTANCE ]</b>	SPIN class accompanied by full body focused strength exercises.
<b>SPIN + STRENGTH</b>	SPIN class accompanied with weight training. Cardio & strength in one!
<b>B.L.T.</b>	(Butt, Legs, Thighs) Express 30min. lower body focus training.
<b>BODY STRONG</b>	Variety training in cardio, strength, endurance and flexibility.
<b>BOOTCAMP 4 YOUTH</b>	(Ages 10-13) Youth focused introduction to proper training.
<b>BOSSCAMP</b>	Fast-moving cardio. Drills, muscle conditioning, and core training.
<b>FUN FRIDAY</b>	Variety training in cardio, strength and core using equipment.
<b>FUSION [ TRX ]</b>	Kettlebell works muscles & cardio. Bosu focuses balance & core. + TRX
<b>GENTLE MOVEMENT</b>	Limited mobility strength, flex & balance exercise. Chairs are provided.
<b>GUTS + BUTTS</b>	45min. class with focus on shaping/strengthening lower body & core.
<b>MOVE + MINGLE</b>	Strength, cardio and core workouts with a social twist to make it fun!
<b>POUND</b>	Cardio and upper body training, set to music using drum (rip) sticks.
<b>R.A.W. REAL ATHLETIC WORKOUT</b>	Circuit training with athletic drills, plyometric training, strength, etc.
<b>SENIOR FIT</b>	Low impact cardio, strength, flexibility and balance training for 55+.
<b>STRENGTH</b>	Total-body training w/barbells, free weight, tubing and stability balls.
<b>STRONG by ZUMBA</b>	Push your limits! High-energy work out, HITT training set to a beat.
<b>STROLLER FIT</b>	Combo class for parents and tots. Strength, core and cardio drills.
<b>TRX BOOTCAMP</b>	Fast-moving full body workout using TRX suspension straps.
<b>TRX: TOTAL BODY</b>	TRX with advanced cardio, strength, core & flexibility burst training.
<b>WALK N ROLL</b>	Group walking with 4-wheeled walkers. Physiotherapist instructed.
<b>WAR</b>	Total body cardio and strength training with kicks and punches.
<b>ZUMBA</b>	Dance your way into shape! Cardio training set to latin-inspired music.
<b>ZUMBA TONE</b>	ZUMBA class accompanied by high-energy body-sculpting exercises.
<b>YOGA</b>	Help relieve stress with balance, strength, and flexibility training.
<b>YOGA [FLOW]</b>	Vinyasa style YOGA. Poses flow into each other with motivating music.
<b>YOGA [GENTLE]</b>	Lighter YOGA class meant to relax the mind and lengthen the muscles.
<b>YOGA [STRENGTH]</b>	YOGA class accompanied by pilates. Strength, core and stretch focus.
<b>AQUA FITNESS</b>	Low-to-no impact cardio and strength class in the pool.
<b>RECC MASTER SWIM</b>	Coach guidance and training for non-competitive adult swimmers.
<b>AQUA ZUMBA</b>	Dance your way into shape! ZUMBA class with water resistance.
<b>AQUA SPIN + CORE</b>	(Ages 16+) 30min Hydro-rider class + 15min core focused exercise. ** WATER SHOES MANDATORY & Pre-registration at Welcome Desk required.
<b>HYDRORIDER</b>	(Ages 16+) Cardio training, set to music on stationary bikes in water. ** WATER SHOES MANDATORY & Pre-registration at Welcome Desk required.
<b>AQUALITE</b>	Lighter AQUA FITNESS class, focused on mobility and strength.
<b>AQUA MOVEMENTS</b>	Training in water for those with limitations (knee/hip, arthritis, etc.)
<b>PICKUP HOCKEY</b>	Co-ed drop-in shinny hockey. Ages 16+ and requires full hockey gear.
<b>SKILLS N DRILLS</b>	(Ages 6-12) Instructor led skating, puck handling and shooting drills.
<b>CLIMBFIT BOOTCAMP</b>	(Ages 15+) Climbing-themed workouts. No climbing experience needed.

Due to weather, event programming and unforeseen circumstances, this schedule is subject to possible cancellations and/or adjustments without notice. Visit therecc.ca or call 902-893-2224 for confirmation.