

MONDAY

6AM SPIN
45min. w/Tammy

6AM BOSSCAMP
60min. w/Will

715AM YOGA
45min. w/Jeff

815AM 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

1030AM YOGA [GENTLE]
60min. w/Camilla

1030AM YOGA [FLOW]
60min. Climbing Wall w/Allyson

1030AM SENIOR FITNESS
45min. Millbrook A w/Laura

12PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

1215PM TRANSFORM
45min. Climbing Wall w/Laura

1215PM SPIN
45min. w/Camilla

1215PM BOSSCAMP
60min. w/Heather

4PM SKILLS + DRILLS
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/Mandy

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
45min. w/Heather

530PM POUND
50min. w/Hema

545PM HYDRORIDERS
60min. 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

815AM ZUMBA
45min. 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 / Jodi

1030AM YOGA [FLOW]
60min. Climbing Wall w/Allyson

12PM PICKUP HOCKEY
60min. Co-Ed / Adults 16+

1215PM TRANSFORM
45min. Climbing Wall w/Laura

1215PM HYDRORIDERS
30min. w/Camilla

1215PM BOSSCAMP
60min. w/Heather

2PM GENTLE MOVEMENT
30min. w/Heather

330PM BOOTCAMP 4 YOUTH
45min. Ages 10 - 13 w/Heather

430PM SPIN
60min. w/Camilla / Heather

430PM XTREME [BOSU + KETTLEBELL]
60min. 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 B.L.T.
30min. on the Turf w/Camilla

10AM AQUA MOVEMENTS
60min. w/Tracey

10AM SPIN + CORE
60min. w/Camilla

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 WAR
60min. w/Laura

530PM TRX BOOTCAMP
60min. w/Heather

630PM POUND
60min. w/Tammy

645PM AQUA ZUMBA
45min. w/Michelle

730PM 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 STRONG by ZUMBA
60min. w/Heidi

9AM AQUA FITNESS
60min. w/Sylvie

915AM FUN FRIDAY
60min. w/Heather

10AM AQUA MOVEMENTS
60min. w/Florence

1030AM YOGA [ACTIVE]
60min. w/Jodi

1215PM WAR
45min. w/Joel

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

1015AM 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

WINTER WORKOUT RUNS JAN 2nd - MAR 18th

CLASSES

DESCRIPTIONS

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