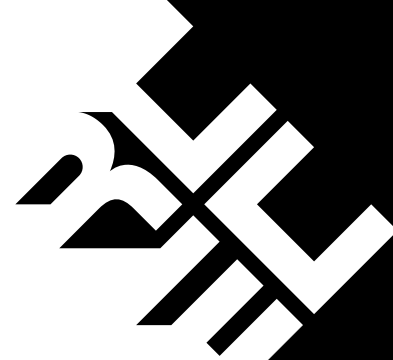


# FALL DROP-IN SCHEDULE



FALL FITNESS CLASSES RUNNING FROM SEPT 3 to DEC 15

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>6AM SPIN</b> 45min. w/Sue</p> <p><b>6AM BOSSCAMP</b> 60min. w/Will</p> <p><b>715AM YOGA</b> 45min. w/Jeff</p> <p><b>8AM ZUMBA TONE</b> 60min. w/Heidi</p> <p><b>9AM AQUA FITNESS</b> 60min. w/Sylvie</p> <p><b>915AM SPIN [ RHYTHM + RESISTANCE ]</b> 60min. w/Heather</p> <p><b>915AM TRX BOOTCAMP</b> 60min. w/Camilla</p> <p><b>10AM AQUA MOVEMENTS</b> 60min. w/Florence</p> <p><b>930AM SENIOR FITNESS</b> 45min. Millbrook A w/Laura</p> <p><b>1030AM YOGA</b> 60min. Millbrook A w/Laura</p> <p><b>1030AM YOGA [GENTLE]</b> 60min. w/Camilla</p> <p><b>12PM PICKUP HOCKEY</b> 60min. Co-Ed / Adults 16+</p> <p><b>1215PM SPIN</b> 45min. w/Camilla</p> <p><b>1215PM BOSSCAMP</b> 60min. w/Heather</p> <p><b>330PM BOOTCAMP 4 YOUTH</b> 45min. w/Heather (ages 10-13)</p> <p><b>430PM BOSSCAMP</b> 60min. w/Camilla</p> <p><b>530PM ZUMBA</b> 60min. w/Tammy</p> <p><b>545PM AQUA FITNESS</b> 45min. w/Tracey</p> <p><b>630PM STRENGTH</b> 60min. w/Tammy</p> <p><b>730PM YOGA [FLOW]</b> 60min. w/Allyson</p>	<p><b>6AM BOSSCAMP</b> 60min. w/Camilla</p> <p><b>715AM HYDRORIDERS</b> 45min. w/Sylvie</p> <p><b>815AM AQUA ZUMBA</b> 45min. w/Heidi</p> <p><b>9AM AQUA FITNESS</b> 60min. w/Tracey</p> <p><b>915AM SPIN + CORE</b> 60min. w/Camilla</p> <p><b>915AM MOVE + MINGLE</b> 60min. Seniors 55+ w/Heather</p> <p><b>10AM AQUA MOVEMENTS</b> 60min. w/Tracey</p> <p><b>1030AM SENIOR FIT</b> 60min. w/Laura</p> <p><b>1130AM STROLLER FIT</b> 45min. w/Camilla</p> <p><b>1215PM TRX TOTAL BODY</b> 45min. w/Heather or Jodie</p> <p><b>1215PM CLIMBFIT BOOT.</b> 60min. Climbing Wall w/Matthew</p> <p><b>230PM WALK N ROLL</b> 60min. Walking Track</p> <p><b>430PM GUTS + BUTTS</b> 45min. w/Heather</p> <p><b>530PM SPIN + STRENGTH</b> 60min. w/Heather</p> <p><b>530PM POUND</b> 60min. w/Hema</p> <p><b>630PM BOSSCAMP</b> 60min. w/Will or Laura</p> <p><b>645PM AQUA FIT MASHUP</b> 45min. w/Sylvie</p> <p><b>830PM RECC MASTER SWIM</b> 60min. w/Mike</p> <p><b>10PM PICKUP HOCKEY</b> 60min. Co-Ed / Adults 16+</p>	<p><b>6AM SPIN</b> 45min. w/Tammy</p> <p><b>6AM BOSSCAMP</b> 60min. w/Will</p> <p><b>8AM AQUA CORE &amp; BALANCE</b> 45min. w/Sylvie</p> <p><b>8AM STRONG by ZUMBA</b> 60min. w/Heidi</p> <p><b>9AM AQUA FITNESS</b> 60min. w/Sylvie</p> <p><b>915AM BOSSCAMP</b> 60min. w/Camilla</p> <p><b>10AM AQUA MOVEMENTS</b> 60min. w/Florence</p> <p><b>1030AM YOGA [GENTLE]</b> 60min. w/Jodie or Camilla</p> <p><b>1030AM YOGA</b> 60min. Millbrook A w/Hyesun</p> <p><b>12PM PICKUP HOCKEY</b> 60min. Co-Ed / Adults 16+</p> <p><b>1215PM FIT XPRESS</b> 45min. w/Cam (on Turf)</p> <p><b>1215PM BOSSCAMP</b> 60min. w/Heather or Jodie</p> <p><b>2PM GENTLE MOVEMENT</b> 30min. w/Heather</p> <p><b>330PM BOOTCAMP 4 YOUTH</b> 45min. Ages 10 - 13 w/Heather</p> <p><b>430PM SPIN</b> 45min. w/Camilla or Heather</p> <p><b>430PM KB / BOSU / TRX</b> 45min. w/Heather or Camilla</p> <p><b>530PM STRENGTH</b> 60min. w/Laura</p> <p><b>545PM AQUA FITNESS</b> 45min. w/Tracey</p> <p><b>6PM CLIMBFIT BOOTCAMP</b> 60min. Climbing Wall w/Matthew</p> <p><b>630PM YOGA</b> 60min. w/Hyesun</p> <p><b>730PM TECHNIQUE NIGHT</b> 60min. Climbing Wall w/Matthew</p>	<p><b>6AM BOSSCAMP</b> 60min. w/Camilla</p> <p><b>715AM HYDRORIDERS</b> 45min. w/Sylvie</p> <p><b>815AM AQUA ZUMBA</b> 45min. w/Heidi</p> <p><b>9AM AQUA FITNESS</b> 60min. w/Tracy</p> <p><b>9AM ZUMBA</b> 60min. w/Celeste</p> <p><b>915AM MOVE + MINGLE</b> 60min. w/Heather</p> <p><b>915AM CYCLE CIRCUIT</b> 75min. w/Camilla</p> <p><b>10AM AQUA MOVEMENTS</b> 60min. w/Tracey</p> <p><b>1030AM SENIOR FIT</b> 60min. w/Laura</p> <p><b>1130AM STROLLER FIT</b> 45min. w/Camilla</p> <p><b>1215PM TRX TOTAL BODY</b> 45min. w/Camilla</p> <p><b>1215PM SPIN</b> 45min. w/Heather</p> <p><b>430PM GUTS + BUTTS</b> 45min. w/Laura</p> <p><b>530PM FIT XPRESS</b> 30min. w/Laura (on Turf)</p> <p><b>530PM POUND</b> 60min. w/Tammy</p> <p><b>645PM AQUA ZUMBA</b> 45min. w/Michelle</p> <p><b>630PM ZUMBA</b> 60min. w/Tammy</p> <p><b>830PM RECC MASTER SWIM</b> 60min. w/Mike</p> <p><b>10PM PICKUP HOCKEY</b> 60min. Co-Ed / Adults 16+</p>	<p><b>6AM BOSSCAMP</b> 60min. w/Laura</p> <p><b>8AM ZUMBA</b> 60min. w/Heidi</p> <p><b>9AM AQUA FITNESS</b> 60min. w/Sylvie</p> <p><b>915AM FUN FRIDAY</b> 60min. w/Will</p> <p><b>10AM AQUA MOVEMENTS</b> 60min. w/Florence</p> <p><b>1030AM YOGA [GENTLE]</b> 60min. w/Mandy</p> <p><b>12PM PICKUP HOCKEY</b> 60min. Co-Ed / Adults 16+</p> <p><b>1215PM WAR</b> 45min. on the Turf w/Joel</p> <p><b>1215PM STRONG by ZUMBA</b> 45min. w/Heidi</p> <p><b>530PM R.A.W.</b> 60min. w/Will</p> <p><b>630PM COMMUNITY SWIM</b> \$3 per person 630pm - 930pm</p>
				SATURDAYS
				<p><b>815AM POUND</b> 60min. w/Tammy</p> <p><b>830AM WALK WITH A DOC</b> 60min. on Track w/Local Doctors</p> <p><b>915AM ZUMBA</b> 60min. w/Tammy</p> <p><b>1030AM YOGA [STRENGTH]</b> 60min. w/Hyesun</p>
				SUNDAYS
				<p><b>915AM BOSSCAMP</b> 45min. w/Will</p> <p><b>530PM YOGA</b> 60min. w/Hyesun</p> <p><b>630PM RECC MASTER SWIM</b> 60min. w/Mike</p>

<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>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>FIT XPRESS</b>	High Intensity Interval Training (HIIT) that gets a lot done in 30 minutes!
<b>FUN FRIDAY</b>	Variety training in cardio, strength and core using equipment.
<b>KB / BOSU / 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>AQUA FIT MASHUP</b>	A surprise mix of aquatic curriculums like cardio, core, weights + more!
<b>AQUA ZUMBA</b>	Dance your way into shape! ZUMBA class with water resistance.
<b>HYDRORIDER</b>	(Ages 16+) Cardio training, set to music on stationary bikes in water. ** Water Shoes Mandatory / 8am-8pm Day prior registration required.
<b>RECC MASTER SWIM</b>	Coach guidance and training for non-competitive adult swimmers.
<b>AQUA CORE &amp; BALANCE</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.