



### SPIN

A high-energy cardio work out on a stationary bike that burns calories, and sends your fat-burning systems into overdrive. Set to music, it will be the ride of your life!



### AQUA FITNESS

Take the stress off your joints. This class is low-to-no impact cardio & strengthening that allows you to work at your own pace. Guaranteed to have a splashing good time!



### BOOTCAMP

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.



### AQUA MOVEMENT

For those with knee/hip replacements, arthritis or other medical conditions. Designed to help with balance, mobility, flexibility & strength.



### TRX

Take your workout to the next level with this fast-moving class featuring TRX suspension straps. A great overall body workout to get the heart pumping.



### HYDRO-RIDERS

Spin class in the pool! Cardio training, set to music on stationary bikes submerged waist deep in water. \*Water shoes are mandatory and are not supplied.



### STROLLER FIT

A combination class focusing on strength and core moves with cardio drills thrown in. Takes place on the Walking Track and is great for parents with their tots.



### FAMILY SWIM

Enjoy family swim at our aquatics centre. Take a dip in our leisure pool fit for all ages. Play around with the sprinklers and bubble maker or simply relax in our pool spa with therapeutic jets.



### 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.



### COMMUNITY CLIMB

Climbers with no belay certification or who wish to climb alone may take advantage of Community Climbing sessions, where staff operate the ropes (belay) for the public.



### SILVER STRONG

Circuit style training designed for those aged 55+ who enjoy a variety of mixed exercises. Classes include a focus on strength, cardio, and core.



### WALL NUTS

A 6-week climbing skills development course designed to give kids a physical and technical boost in their climbing, starting with the basics.



### TABATA TUESDAY

Incorporates strength, cardio, core, and flexibility. Tabata challenges your body with 20 seconds bursts of high intensity followed by 10 seconds of rest.



### LEARN 2 BELAY

Belay certification at the Kohltech Climbing Wall empowers climbers to climb during open hours without needing a staff member to belay.



### FUN FRIDAY

A combo class that keeps you guessing every Friday with a workout that challenges cardio, strength, and core using a variety of exercise equipment.



### POWER/BALANCE YOGA

This class will flow through yoga poses at a steady pace to help build strength and cardiovascular endurance while improving balance and stability.



### WAR

Become armed and dangerous with this exhilarating total body workout that combines cardio and strength using punches and kicks.



### GENTLE YOGA

A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.



### WOMEN ON WEIGHTS

Designed to engage and teach women of all ages proper technique for exercises and experience the benefits of resistance training.



### YOGA

Help relieve stress with a class combining balance, strength, and flexibility training. Designed to be a full body experience.



## SPRING FITNESS CLASS & DROP-IN SCHEDULE 2022





  @ratheastlinkcc

- Group Fitness Instructors
  - Member Experience Specialists
  - Event Staff
  - Custodial and Operations
  - Program Administrators
  - ...and many more!
- CHECK OUR CURRENT  
OPPORTUNITIES AT  
[WWW.THERECC.CA](http://WWW.THERECC.CA)**

