

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 of 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 or 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

Cimbers 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.

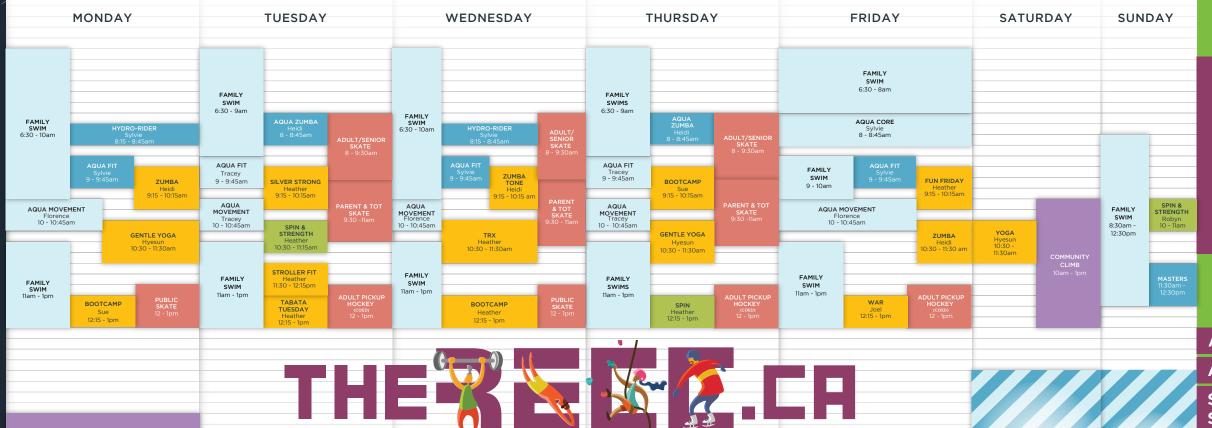


YOGA

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



2022 DROP-IN SCHEDULE MAY 2 - JUNE 25



FITNESS

RECC ARENA

KOHLTECH CLIMBING WALL



@ratheastlinkcc

FACILITY HOURS

6AM - 9PM 8AM - 8PM

MEMBER

8AM - 8PM

CONTACT

625 ABENAKI RD TRURO, NS **B2N 0G6**

902.893.2224

WWW.THERECC.CA

ANNUAL

MEMBERSHIP TYPE **MEMBERSHIP** *1 YEAR PAID IN FULL **ADULT** \$52.95 + HST \$582.45 + HST **ADULT +1** \$86.95 + HST \$956.45 + HST STUDENTS/ \$34.95 + HST \$384.45 + HST **SENIORS** \$65.95 + HST \$725.45 + HST **SENIORS +1 FAMILY** \$99.99 + HST \$1099.95 + HST

MONTHLY



• EXCLUSIVE SKATING, POOL OR CLIMBING WALL BIRTHDAY PARTIES INGS AND CONFERENCE SPACES

current public health restrictions and are subject to change. Please check out website www.THERECC.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



LEGEND

WILSONS COMPETITIVE POOL

TIM HORTONS LEISURE POOL

PERSONAL TRAINING NOW AVAILABLE!

> FREE PERSONAL TRAINING CONSULTATION FOR ANNUAL MEMBERS (PAID-IN-FULL OR

GET STARTED TODAY!

FAMILY SWIM *SLIDE OPEN

AT THE RECC JUNE 18, 2022 **GET TICKETS AT SHOWPASS.COM**