

SPRING 2017 DROP-IN GROUP FITNESS SCHEDULE | April 3rd-June 25th



M	T	W	T	F	S	S
<p>SPIN Track Christina 6am-6:45am</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 9am-10am</p> <p>CARDIO COMBAT Field House Amber 9:15am-10:15am</p> <p>FIT FOR LIFE Field House Carolyn 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Ocean 10:30am-11:30am</p> <p>DEEP AQUAFIT Competition Pool Jackie 11am-12pm</p> <p>HIIT EXPRESS *NEW Field House Lianne 12:10pm-12:50pm</p> <p>PUMPED Field House Ashley 6pm-7pm</p> <p>SPIN Track Chris 6:30pm-7:15pm</p> <p>ZUMBA Field House Judy 7pm-8pm</p>	<p>DANCE FUSION* Field House Tracy 9:15am-10:15am</p> <p>CGC WALKING CLUB Track Erlinda 9:15am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-11am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Dave 10:30am-11:30am</p> <p>SPIN Track Dave 12:10pm-12:50pm</p> <p>YOUTH STRENGTH <i>For youth ages 12-16</i> Track Starting Blocks Malachi 4:30pm-5:30pm</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>SPIN *NEW Track DW 5:30pm-6:10pm</p> <p>HIIT Field House Jodi 6pm-7pm</p> <p>CORE Field House Meaghan 7pm-7:30pm</p> <p>YOGA Fitness Studio 2 Denette 7:15pm-8:15pm</p>	<p>SPIN Track Christina 6am-6:45am</p> <p>SHALLOW AQUAFIT Competition Pool Ruslan 9am-10am</p> <p>PUMPED Field House Amber 9:15am-10:15am</p> <p>ZUMBA GOLD Dance Studio Alison 9:30am-10:15am</p> <p>FIT FOR LIFE Field House Carolyn 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Kathryn 10:30am-11:30am</p> <p>CARDIO COMBAT Field House Lianne 12:10pm-12:50pm</p> <p>PUMPED Field House Calvin 6pm-7pm</p> <p>SPIN Track Julie 6:15 pm-7pm</p> <p>SHALLOW AQUAFIT Competition Pool Adele 7pm-7:50pm</p> <p>TRANSFORM Track TRX Alcove Julie 7:15pm-8pm</p> <p>HYDRORIDER Competition Pool Jacob 8pm-8:50pm</p>	<p>DANCE FUSION* Field House Tracy 9:15am-10:15am</p> <p>CGC WALKING CLUB Track Erlinda 9:15am-10:15am</p> <p>CARDIO CORE AQUAFIT Competition Pool Liudmilla 10am-11am</p> <p>FOREVER STRONG Field House Erlinda 10:30am-11:30am</p> <p>PUMPED Field House Lianne 12:10pm-12:50pm</p> <p>ARTHRITIS CLASS Leisure Pool Ashley 1pm-1:40pm</p> <p>SPIN Track Jodi 5:30pm-6:15pm</p> <p>SHALLOW AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>ATHLETIC STEP Field House Nancy 6:30pm-7:30pm</p> <p>YOGA Fitness Studio 2 Dave 7:15pm-8:15pm</p>	<p>HIIT Field House Aprill 9:15am-10:15am</p> <p>ZUMBA GOLD Dance Studio Alison 9:30am-10:15am</p> <p>FIT FOR LIFE Field House Carolyn 10:30am-11:30am</p> <p>YOGA Fitness Studio 2 Denette 10:30am-11:30am</p> <p>COMBO AQUAFIT Competition Pool Linda 11am-11:50am</p> <p>YOGA Fitness Studio 2 Kathryn 12pm-1pm</p>	<p>HYDRORIDER Competition Pool Jacob 8am-8:45am</p> <p>ZUMBA KIDS <i>For youth ages 7-11</i> Dance Studio Amanda 9am-9:45am</p> <p>HIIT Field House Nancy 9:15am-10:15am</p> <p>ZUMBA Field House Amanda 10:30am-11:30am</p>	<p>SPIN Track Alison 9am-9:45am</p> <p>CARDIO COMBAT *NEW Field House Calvin 10am-10:45am</p> <p>DEEP AQUAFIT Competition Pool Jackie 6pm-6:50pm</p> <p>YOGA Fitness Studio 2 Dave 7pm-8pm</p>
GROUP FITNESS CLASSES						
All drop-in classes are free to members or covered by your day pass fees.						
We encourage participants to arrive early for classes (especially yoga classes). Cards are available for Yoga, Tai Chi and Spin classes 15 minutes prior to class start time at the Fitness Centre Desk. Hydrorider sign-in sheet available at the Customer Service Desk.						
AGE REQUIREMENTS						
Youth ages 12 years of age or older may attend group fitness classes.						
Child minding services are available for ages 2 months to 12 years. For non-walkers, please call us up to 3 days in advance at 902.490.2400 or visit the Customer Service Desk to arrange.						
Youth ages 8-11 years may use other parts of the facility while you're in class, so long as you are 18+ years and remain in the building. Please note: Children ages 7 & under may not use the pool on their own and must stay within arm's reach of a parent or guardian (18+ years) in the facility.						
CLASS CANCELLATIONS						
We try our best not to cancel classes; however if we need to, you will find the information on our website, on Facebook, on Twitter and on our internal notice boards at least one hour in advance.						
For the most current schedule or to view our Aquatics, Field House, and Track schedules, please visit www.canadagamescentre.ca . On holidays, we offer a reduced number of classes.						
Schedule last updated: April 4th, 2017						

GROUP FITNESS CLASS DESCRIPTIONS



AQUASTEP

A unique aquatic fitness class where steps are used to increase intensity and difficulty. Challenge your core and stability by building and toning muscles and increasing cardio for overall health and fitness.

ARTHRITIS CLASS

This class is an ideal activity for relieving stiffness and arthritis pain using warm water exercise. It will help to improve your posture, balance, strength, endurance, flexibility, and improve joint movement leading to a healthier lifestyle.

ATHLETIC STEP

A basic to intermediate step workout combined with athletic movement training for those who are looking for a great cardio and muscle conditioning workout.

CARDIO COMBAT

An aerobic workout using martial arts kicks and punches and combined with constant movement. The result is a rigorous, high intensity workout that can help you burn fat fast, sharpen reflexes, and improve circulation, stamina, endurance and coordination.

CARDIO CORE AQUAFIT

A high level aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

CGC WALKING CLUB

Partnered with Walkabout Heart & Stroke. Tired of walking alone? Join our walking club on our beautiful indoor track. Nordic poles and instruction are available to you for this program that will help you lose weight, improve posture, lower the risk of type two diabetes, and improve cardiovascular health. Our club will track your progress while you meet others, stay motivated and active for life.

COMBO AQUAFIT

A moderate to high level aerobic workout conducted in both shallow and deep water. Challenge your cardiovascular system and core with travelling, build muscle and tone during the strength section to improve your overall fitness

CORE

Get ready for a core work that will challenge your fitness level. We will focus on the muscles surrounding your core to strengthen your entire body. Tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes.

*DANCE FUSION SAME CLASS, NEW NAME!

Wake up and dance! This dance based fitness class is a fusion of all styles of dance including Zumba, Hip Hip, Urban Funk and Soul. This class gives people permission and space to be authentic and dance THEIR DANCE! Everyone is made to dance. Join us for the best exercise in disguise. Get fit, have fun and rock out!

DEEP AQUAFIT

An aerobic workout in deep water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

FIT FOR LIFE

Get energized and conditioned for life. This is a full body conditioning class designed for the older adult or those with some limitations.

FOREVER STRONG

This class will implement classes on and with the chair for those beginner exercisers as well as members who like a no- or low-impact workout. Our certified instructor will lead you through an hour of cardiovascular, and muscle conditioning, and balance workout. Suitable for all ages and abilities.

HIIT

(High Intensity Interval Training) will leave you breathless. Incorporate muscular strength power, and cardio intervals in this fast paced class. Multi-level instruction is given so everyone can have the workout best suited for them.

HYDRORIDER

A unique stationary bike class where you pedal while immersed up to your waist in the water. Bikes are adjustable to allow for a wide variety of users. Water shoes are recommended. Sign-in up to 90mins in advance at the Customer Service Desk.

PUMPED

A barbell workout designed to strengthen all your major muscle groups in an inspiring and invigorating setting. This class gets back to basics and uses traditional moves to deliver great results.

SHALLOW AQUAFIT

An aerobic workout in shallow water. Challenge your cardiovascular system and build muscle tone to improve overall fitness.

SPIN

Drop in and spin, work up a sweat, and have some fun! This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace. Sign-in up to 15mins in advance at the Fitness Centre Desk.

TRANSFORM

This class unites Yoga and Plyometric sport movements to create a mind/body experience unlike any you have seen before. Engage your mind and body using sun salutations, plyometric hops and lunges, balance and strength poses, twisting and lengthening positions, and more.

YOGA

Balance both mind and body. This is a gentle practice and is designed for drop-in students. Leave this class feeling lighter, less stressed and more balanced. Sign-in up to 15mins in advance at the Fitness Centre Desk.

YOUTH STRENGTH *For youth ages 12-16*

Learn the best technique to move safely as you build your strength and endurance. This Youth Fitness program will incorporate bodyweight and light resistance to build strong foundations for weight training and sports. Variety of exercise styles will be used every week including basic strength, Tabata, Yoga, and Functional Fitness (TRX, ViPR).

ZUMBA

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

ZUMBA GOLD

ZUMBA!® GOLD modifies the moves and pacing to suit the needs of the active, older participant as well as those just starting their journey to a fit and healthy lifestyle.

ZUMBA KIDS *For youth ages 7-11*

ZUMBA!® KIDS engages children ages 7-11 years old to perform aerobic dance and physical activities to improve their fitness, memory, coordination, and socialization skills. This class will have kid-friendly routines and all the music kids enjoy, like hip-hop, reggaeton, cumbia and more.

Questions or feedback about our Drop-in Fitness Class Schedule? Please contact us at 902.490.2400.