



# Fitness

Class days/times can be found in our Program Brochure.

**Not every program may be offered each session.**  
Please see Program Brochure for current program availability.



Always a class when you want to kick it up!

**MORE THAN 100 FREE\* DROP-IN FITNESS CLASSES EACH WEEK**

**\* FREE WITH MEMBERSHIP OR ADMISSION**

- ◆ Advanced registration is required
- Drop-in available if space permits
- \$ Additional fee required – see program brochure

<b>AQUATIC</b>	<b>Aqua: Shallow</b> (Lane Pool) Increase cardiovascular strength, endurance, flexibility, and muscle tone. Swimming skills are not required.	<b>Aqua: Deep</b> (Lane Pool) Excellent for core strengthening in a no impact, high endurance environment. Flotation belts are used for support. Must be comfortable in deep water.	<b>Aqua: Run</b> (Lane Pool) Combines cardiovascular, strength and endurance training while providing a high calorie burn. Participants are tethered to a lane rope for resistance training and wear a swim belt for support.
	<b>Aqua: Gentle</b> (Leisure Pool) Learn basic exercises that focus on techniques to improve posture, breathing, flexibility, core stabilization, coordination and muscular endurance using the soothing properties of the water.	<b>Aqua: Motion</b> (Leisure Pool) Gentle stretching, range of motion and mobility exercises for muscle or joint injuries, post-surgery recovery, arthritis, and relaxation.	<b>DO YOU HAVE A BABY AT HOME?</b> Bring him/her to any of our Aqua: Shallow classes! Target core muscle strength, arms & legs while your baby sits safely in one of our floating seats beside you in the water. Babies must be able to hold their head up and should be no older than 3 years of age.
<b>CARDIO</b>	<b>Cardio: Sculpt</b> Variety of cardio based exercises, strength and fitness activities in a circuit style.	<b>Cardio: Skip</b> Use the ultimate fitness tool for skipping combined with strength training.	<b>Cardio: Step</b> Variety of step aerobics, high/low impact exercises, power kick boxing and muscle toning that is suitable for all fitness levels. <b>Options Available: Cardio: Gentle</b>
	<b>Triathlon</b> ◆ This training program incorporates drills focusing on the three components of a Triathlon – swim, bike, and run.	<b>Zumba</b> ® Spicy high-energy class that fuses Latin beats and easy to follow hot dance steps in a low impact setting.	
<b>STRENGTH</b>	<b>Gravity</b> Full body conditioning using the Gravity Training System with an adjustable incline plane and gravity resistance. All fitness levels welcome. Classes are limited to 10 participants. <b>Options Available:</b> <b>Gravity: Boot Camp</b> (incorporate cardio, weights, and body weight exercises into a Gravity class) <b>Gravity: Gentle</b>	<b>Body Sculpt</b> Develop your muscular strength and endurance using a variety of equipment and techniques. Strengthen and tone the abdominals, upper, and lower body while focusing on proper movement execution. <b>Options Available:</b> <b>Body Sculpt: HIIT</b> (dynamic, higher intensity cardio and resistance intervals) <b>Body Sculpt: Gentle</b>	<b>Tabata: HIIT</b> Participate in a variety of dynamic, high intensity cardio and resistance intervals to challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance.
	<b>Boot Camp</b> Challenge and improve your agility, core strength and overall fitness level. Class combines cardiovascular intervals with resistance training techniques. Modifications provided to make this class suitable for all fitness levels – beginners included. <b>Options Available: Boot Camp: Family</b>	<b>Core</b> Focus on abdominal and back strengthening exercises for development of core strength to proactively fight back pain, repetitive stress, weakness and fatigue.	<b>W.O.W (Workout of the Week)</b> Participate with an instructor on the routine that will be posted as the Workout of the Week right after you complete it. This motivating class will provide a unique workout every time. <b>Options Available:</b> <b>WOW: Partner</b> (bring a friend and challenge each other!)
	<b>Assisted Workout</b> Receive cardio or strength exercise support from one of our fitness staff. We will assist with the setup of the equipment and get you on your way. Geared for those who have just completed a Smart Start Orientation, or those with chronic conditions or impaired physical mobility.	<b>Instructor's Choice (offered on Holidays)</b> Join one of our Fitness Instructors for a workout that is sure to please! Class type will be posted in advance along with our Holiday Hours.	
<b>CYCLE</b>	<b>Cycle</b> Stationary cycling with the motivation of an instructor, the companionship of a group, and up-tempo music lead to an easy to follow workout for all fitness levels. <b>Options Available:</b> <b>Cycle: Triathlon</b> (bikes reserved for Triathlon swimmers; remainder available first-come, first-served) <b>Cycle: Gentle</b>	<b>Ride &amp; Glide</b> Combine the cardio benefits of stationary cycling with the strength benefits of Gravity training for a total body workout!	
<b>MIND &amp; BODY</b>	<b>Yoga</b> ◆ ● \$ Hatha Yoga is a coming together of mind, body, and spirit. Move through a series of yoga postures and breathing techniques to improve flexibility, strength, and concentration. <b>Options Available:</b> <b>Yoga: Beginner</b>   <b>Yoga: Gentle</b> <b>Yoga: Express</b>   <b>Yoga: Active</b> <b>Yoga: Youth</b> (7-12yrs - registered participants only) <b>Yoga: Teen</b> (12-18yrs)	<b>Tai Chi</b> ◆ This ancient practice is a series of 108 slow, graceful movements developed in the 12 <sup>th</sup> century by a Taoist monk. Movements are specially designed to relieve stress and fatigue while developing strength, flexibility, and concentration. Level 1: new participants only Level 2: must have taken level 1 previously Level 3: registration only upon recommendation from our Instructor	<b>Pilates Fusion</b> Strength workout that combines movements from Pilates and other fitness classes to improve strength and stability in the core muscles.
			<b>Stretch</b> Gentle, easy to follow exercises that will help increase flexibility, improve joint mobility and core stability that is suitable for any fitness level. <b>Options Available: Stretch: Advanced</b>