



PHASE 1 Summer Drop-in at the Canada Games Centre

Beginning Monday, June 15th




updated June 13, 2020

Schedule Legend

Fitness Classes

Powerade® Flexihall



All Fitness classes require an access key tag.

Access tags can be picked up at Reception 30 mins. prior to class start.

Hours of Operation

Monday – Friday

6:00 am – 8:00 pm

Saturday and Sunday

8:00 am – 8:00 pm

Closed on Holidays

Jun. 21, National Indigenous Peoples Day

Jul. 1, Canada Day

Aug. 17 Discovery Day

Sept. 7, Labour Day



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 6:30 am - 11:00 am		Pickleball 6:30 am - 11:00 am		Pickleball 6:30 am - 11:00 am	
Family Pickleball 9:00 am – 10:00 am		Pickleball & Families on the Move 9:00 am – 11:00 am		Pickleball & Families on the Move 9:00 am – 11:00 am		Family Pickleball 9:00 am – 10:00 am
Families on the Move 9:00 am – 1:00 pm	Families on the Move 9:00 am – 1:00 pm		Families on the Move 9:00 am – 1:00 pm		Families on the Move 9:00 am – 1:00 pm	Families on the Move 9:00 am – 1:00 pm
		Flex Flow Yoga 9:00 am – 10:00 am	Golden HIIT 9:00 am – 10:00 am	Gentle Core Fusion 9:00 am – 10:00 am	Tabata 9:00 am – 10:00 am	Zumba 9:45 am – 10:45 am
Pickleball 10:00 am – 1:00 pm	Basketball 11:30 am – 1:30 pm	Tennis 11:30 am – 1:30 pm	Basketball 11:30 am – 1:30 pm	Tennis 11:30 am – 1:30 pm	Basketball 11:30 am – 1:30 pm	Pickleball 10:00 am – 1:00 pm
Zumba 11:00 am – 12:00 pm	Bootcamp Xpress 12:10 pm – 12:50 pm	Core Fusion 12:10 pm – 12:50 pm	Kettlebell Flow 12:10 pm – 12:50 pm	PiYo 12:10 pm – 12:50 pm	HIIT 12:10 pm – 12:50 pm	
Basketball, Badminton, & Soccer 1:30 pm – 3:30 pm	Pickleball 1:30 pm – 3:30 pm	Basketball, & Pickleball 2:00 pm – 4:00 pm	Pickleball 1:30 pm – 3:30 pm	Basketball, & Pickleball 2:00 pm – 4:00 pm	Pickleball 1:30 pm – 3:30 pm	Badminton, Basketball, & Soccer 1:30 pm – 3:30 pm
	Badminton 2:00 pm – 4:00 pm		Badminton 2:00 pm – 4:00 pm		Badminton 2:00 pm – 4:00 pm	
Choose a Sport & Families on the Move 4:00 pm – 6:00 pm	Choose a Sport 4:30 pm – 6:30 pm	Choose a Sport & Soccer 4:30 pm – 6:30 pm	Choose a Sport 4:30 pm – 6:30 pm	Choose a Sport & Soccer 4:30 pm – 6:30 pm	Choose a Sport 4:30 pm – 6:30 pm	Choose a Sport & Families on the Move 4:00 pm – 6:00 pm
	Zumba 5:10 pm – 6:10 pm	STRONG 5:10 pm – 6:10 pm <i>(begins June 23)</i>	Zumba 5:10 pm – 6:10 pm	Mixed Level Yoga 5:10 pm – 6:10 pm		
Badminton, Pickleball, & Soccer 7:00 pm – 8:00 pm	Badminton, Basketball, & Pickleball 7:00 pm – 8:00 pm	Badminton, Basketball, & Soccer 7:00 pm – 8:00 pm	Badminton, Basketball, & Pickleball 7:00 pm – 8:00 pm	Badminton, Basketball, & Soccer 7:00 pm – 8:00 pm	Badminton, Basketball, & Pickleball 7:00 pm – 8:00 pm	Badminton, Pickleball, & Soccer 7:00 pm – 8:00 pm

This schedule is subject to change as we work to offer programs within the guidelines. Thank you for your understanding.

Drop-in Descriptions

PHASE 1 Summer Drop-in

FITNESS CLASS DESCRIPTIONS	
<i>Capacity per class: 10 people</i>	
Bootcamp Xpress	Get put through your paces with a mixture of cardiovascular strength, and core stability training.
Core Fusion	Begin with a full body warm-up focusing on correct posture and engaging core muscles, followed by a variety of core and abdominal exercise sequences.
Flex Flow Yoga	Breath work combined with dynamic poses makes this a challenging endurance based yoga class.
Gentle Core Fusion	Geared towards our active aging population, begin with a full body warm-up focusing on correct posture and engaging core muscles, followed by a variety of core and abdominal exercise sequences.
HIIT <i>High Intensity Interval Training</i>	A total body, aerobic and strength condition workout designed to work your whole body. High intensity cardio bursts will set you on the right track.
Golden HIIT	A total body, aerobic and strength conditioning workout geared towards our active aging population.
Kettlebell Flow	Two or more kettlebell exercises strung together and performed back-to-back in fluid sequences to build strength, muscular endurance and burn calories.
Mixed Level Yoga	Suitable for all levels, this class aims to improve strength, focus and flexibility. Options are provided in each pose to challenge your comfort level.
PiYo	PiYo cranks up the intensity and speed of traditional Pilates and Yoga to help you shape arms, flatten abs and build a lifter's butt. No equipment needed.
STRONG	Strong by Zumba™ combines High Intensity Interval Training (HIIT) with synched music.
Tabata	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
Zumba™	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.

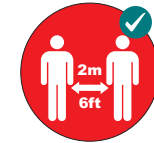
PLEASE FOLLOW OUR COVID GUIDELINES



Come **dressed in your workout clothes**. Leave valuables and extra gear at home.



Bring a full **water bottle** with you. Water fountains are not available for use.



Keep a **safe distance of 2 meters** between yourself and others.



Equipment pickup location is at front of Flexihall.



Limit your time to 1 hour if you see others waiting to enjoy the activity.



Use hand sanitizer upon entry and exit.

FLEXIHALL DROP-IN DESCRIPTIONS

Capacity per third of flexi: 10 people

Badminton	Badminton racquet with shuttlecock available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).
Basketball	A time to come and practice your basketball skills. Skills and drills only (games are not permitted).
Choose a Sport	Ask an Activity Monitor to set up any of the following activities: basketball, soccer, badminton, tennis, mini-tennis or pickleball.
Families on the Move	A time for families with small children to access our facility equipment including: balls, hoops, cars, scooters and play kits!
Pickleball <i>Family: children accompanied by adult</i>	Pickleball racquet and ball available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).
Soccer	A time to come and practice your soccer skills. Skills and drills only (games are not permitted).
Tennis	Tennis racquet and ball available for rent: \$3.80 each (free with 6 Month or 1 Year Membership).