



PHASE 2B: Northwestel Arena & Fitness

Summer Drop-in at the Canada Games Centre

Tuesday, August 18th – Sunday, September 6th



updated August 21, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult Pucks n Sticks 7:45 am - 9:00 am				Adult Pucks n Sticks 7:00 am - 8:30 am	
Family Pucks n Sticks 11:00 am - 12:00 pm	Public Skate 10:30 am - 12:00 pm		Family Pucks n Sticks 9:00 am - 10:30 am	Public Skate 10:30 am - 12:00 pm	Family Pucks n Sticks 9:00 am - 12:30 pm	Teen Pucks n Sticks 11:00 am - 12:00 pm
Public Skate 12:30 pm - 2:00 pm			Adult Pucks n Sticks 12:00 pm - 1:30 pm	Adult Pucks n Sticks 12:00 pm - 2:00 pm	Teen Pucks n Sticks 1:00 pm - 2:30 pm	Public Skate 12:30 pm - 2:00 pm
	Adult Pucks n Sticks 6:15 pm - 8:00 pm	Teen Pucks n Sticks 6:15 pm - 8:00 pm				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aquafit 11:00 am - 11:45 am	Aquafit 11:00 am - 11:45 am	Aquafit 11:00 am - 11:45 am	Aquafit 11:00 am - 11:45 am	Aquafit 11:00 am - 11:45 am	
	Aquafit 12:10 pm - 12:55 pm	Oh My Aching Body 12:10 pm - 12:55 pm	Aquafit 12:10 pm - 12:55 pm	Oh My Aching Body 12:10 pm - 12:55 pm	Aquafit 12:10 pm - 12:55 pm	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mind-Body Yoga 9:00 am - 10:30 am	BallFit 9:00 am - 10:00 am	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
Zumba 12:30 pm - 1:30 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	
	Zumba 5:10 pm - 6:10 pm	STRONG 5:10 pm - 6:10 pm	Zumba 5:10 pm - 6:10 pm	Mixed Level Yoga 5:10 pm - 6:10 pm		
	Gentle Yoga 6:30 pm - 7:30 pm					

Schedule Legend

Northwestel Arena

Lions Aquatic Centre

Fitness Classes

Step Interval All Fitness/Aquatic 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

Aug. 17 Discovery Day

Sept. 7, Labour Day



This schedule is subject to change.

Drop-in Descriptions

FITNESS CLASS DESCRIPTIONS

Capacity per class: 10 people

BallFit	A total body workout that increases balance, stability, and body awareness using a Fitball and other equipment.
Bootcamp Xpress	Get put through your paces with a mixture of cardiovascular, strength, and core 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 Yoga	Enjoy the harmonizing benefits of yoga through gentle stretching and strengthening, breath work, and relaxation.
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 strength and aerobic conditioning 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.
Mind-Body Yoga	Gentle physical exercises fused with relaxation and breathing exercises followed by an introduction to meditation.
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 to play**. Leave valuables and extra gear at home. Changerooms are unavailable.



Use hand sanitizer upon entry and exit.



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



Entry to arena is through concourse. Dressing rooms are unavailable.



Bring a full **water bottle** into arena. Water is not accessible inside arena.



Skills and drills only. Hockey, soccer and basketball games are not permitted.

NORTHWESTEL DROP-IN DESCRIPTIONS

Capacity: 10 people

Pucks n Sticks

Adult: ages 18+
Teen: ages 10 - 17
Family: children up to age 9 accompanied by an adult

Practice skating, stick handling and shooting skills. Pick-up games of hockey are not allowed during this time. **Helmets and gloves are mandatory.**

Public Skate

A time for everyone to grab their skates and enjoy our indoor facility. **Helmets are strongly recommended for children.**

AQUATIC DESCRIPTIONS

Capacity: 10 people for Aquafit, 6 people for OMAB

Aquafit

Physical conditioning is obtained by using water for resistance. Workouts include a combination of cardio and muscle focus. Most classes occur in the shallow end, but seasoned participants can choose to use the deep end.

Oh My Aching Body

This low-impact, therapeutic class occurs in the warmth of the leisure pool. Designed to help relieve chronic pain conditions and introduce the basics of aquafitness.