



Fall Fitness 2 Drop-in at the Canada Games Centre

Saturday, November 13th – Friday, December 17th



updated Nov. 15, 2021

Schedule Legend

Aquatic Centre 🏊

Coca-Cola Fieldhouse

Wellness Studio

Step Interval **All Fitness/Aquatic classes require an access key tag.**

Tags can be picked up any time during the day of the class at reception.

Hours of Operation
Monday – Friday
 5:30 am – 10:00 pm
Saturday and Sunday
 7:00 am – 10:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Strength Training 6:15 am – 7:15 am				
	Functional Fitness 9:00 am – 10:00 am		Golden Lift 9:00 am – 10:00 am		Strength Training 9:00 am – 10:00 am	Gentle Yoga 9:00 am – 10:15 am
Strength Training 10:00 am – 11:00 am		Zumba™ Gold 10:30 am – 11:30 am (begins Nov. 23)				Zumba 10:30 am – 11:30 am (begins Nov. 20)
SOULfusion™ 10:45 am – 11:45 am (begins Nov. 21)	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	
		Oh My Aching Body 🏊 12:05 pm – 12:50 pm		Oh My Aching Body 🏊 12:05 pm – 12:50 pm		
	Core Fusion 12:10 pm – 12:50 pm	Band Camp (resistance bands) 12:10 pm – 12:50 pm	Kettlebells 12:10 pm – 12:50 pm	Lift 12:10 pm – 12:50 pm	Functional Fitness 12:10 pm – 12:50 pm	
	Zumba™ 5:15 pm – 6:15 pm (begins Nov. 22)	SOULfusion™ 5:15 pm – 6:15 pm (begins Nov. 23)	Strength & Mobility 5:15 pm – 6:45 pm	Strength Training 5:15 pm – 6:15 pm		
	Gentle Yoga 6:35 pm – 7:35 pm	Lift 6:35 pm – 7:35 pm		Mixed Level Yoga 6:35 pm – 7:35 pm		
		Aquafit 🏊 8:05 pm – 8:50 pm		Aquafit 🏊 8:05 pm – 8:50 pm		

Arrive on time for your class. Wellness Studio and Fieldhouse open 10 minutes prior to class start. Once a class has begun entry is not permitted.

This schedule is subject to change.



Drop-in Descriptions

Capacities	
Aquafit 🌊	20 people
Oh My Aching Body 🌊	8 people
Coca-Cola Fieldhouse	20 people
Wellness Studio	10 people

AQUATIC DESCRIPTIONS	
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.

FITNESS CLASS DESCRIPTIONS	
Band Camp	A strength and core based workout using the progressive resistance of bands to challenge you.
Cardio Fusion	Work your core from a variety of angles and with a variety of bodyweight and resistance exercises.
Core Fusion	Work your core from a variety of angles and with a variety of bodyweight and resistance exercises
Functional Fitness	Help improve your usable strength and physical fitness while focusing on typical movements performed outside the gym. These classes concentrate on having a large variety of exercises and movements so each class is unique.
Gentle Yoga	Enjoy the harmonizing benefits of yoga through gentle stretching and strengthening, breath work, and relaxation.
Golden Lift	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettle bells and other equipment. Workout geared towards our active aging population.
Kettlebells	Strength training with kettlebells give you a different experience when compared to dumbbells and barbells.
Lift	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettle bells and other equipment. Not a burpee in sight!
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.
Strength & Mobility	Use a variety of strength training equipment along with different sets and repetition schemes to build strength and lean muscle mass. Finish off with a mobility session focused on helping you improve your range of motion in different joints in your body.
Strength Training	Use a variety of strength training equipment along with different sets and repetition schemes to help build strength and lean muscle mass.
SOULfusion™ (formerly PiYo)	SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to music.
Zumba™	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.
Zumba Gold™	Active older adults who are looking for a modified Zumba™ class that recreates the original moves you love at a lower-intensity.