



# Winter Drop-in 2 at the Canada Games Centre

Saturday, February 12<sup>th</sup> – Friday, March 4<sup>th</sup>



updated February 9, 2022

**Schedule Legend**

**Aquatic Centre** 🏊

**Coca-Cola Fieldhouse**

**Wellness Studio**

 **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

**Feb. 25, Heritage Day**  
 8:00 AM - 8:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Bootcamp</b> 6:15 am – 7:15 am				
<b>Yin Yoga</b> 9:00 am – 10:30 am	<b>Functional Fitness</b> 9:00 am – 10:00 am		<b>Golden HIIT</b> 9:00 am – 10:00 am		<b>Tabata</b> 9:00 am – 10:00 am	<b>Gentle Yoga</b> 9:00 am – 10:15 am
<b>Tabata</b> 10:00 am – 11:00 am		<b>Zumba™ Gold</b> 10:00 am – 11:00 am				
<b>SOULfusion™</b> 10:45 am – 11:45 am	<b>Aquafit</b> 🏊 11:05 am – 11:50 am	<b>Aquafit</b> 🏊 11:05 am – 11:50 am	<b>Aquafit</b> 🏊 11:05 am – 11:50 am	<b>Aquafit</b> 🏊 11:05 am – 11:50 am	<b>Aquafit</b> 🏊 11:05 am – 11:50 am	<b>Zumba</b> 10:30 am – 11:30 am
		<b>Oh My Aching Body</b> 🏊 12:05 pm – 12:50 pm		<b>Oh My Aching Body</b> 🏊 12:05 pm – 12:50 pm		
	<b>Bootcamp Xpress</b> 12:10 pm – 12:50 pm	<b>Tabata</b> 12:10 pm – 12:50 pm	<b>Kettlebells</b> 12:10 pm – 12:50 pm	<b>Lift</b> 12:10 pm – 12:50 pm	<b>HIIT</b> 12:10 pm – 12:50 pm	
	<b>Zumba™</b> 5:15 pm – 6:15 pm	<b>SOULfusion™</b> 5:15 pm – 6:15 pm	<b>Zumba™</b> 5:15 pm – 6:15 pm	<b>HIIT</b> 5:15 pm – 6:15 pm		
	<b>Gentle Yoga</b> 6:35 pm – 7:35 pm	<b>Lift</b> 6:35 pm – 7:35 pm	<b>Power Core</b> 6:35 pm – 7:35 pm	<b>Mixed Level Yoga</b> 6:35 pm – 7:35 pm		
		<b>Aquafit</b> 🏊 8:05 pm – 8:50 pm		<b>Aquafit</b> 🏊 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	
<b>Aquafit</b> 🌊	30 people
<b>Oh My Aching Body</b> 🌊	12 people
<b>Coca-Cola Fieldhouse</b>	20 people
<b>Wellness Studio</b>	15 people

AQUATIC DESCRIPTIONS	
<b>Aquafit</b> 🌊	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.
<b>Oh My Aching Body</b> 🌊	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	
<b>Cardio Core Bootcamp</b>	This class will challenge your core and stability, plus get your heart pumping through bouts of high-intensity cardio. Shoes are required.
<b>Bootcamp / Bootcamp Xpress</b>	Get put through your paces with a mixture of cardiovascular, strength, and core training.
<b>Functional Fitness</b>	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.
<b>Gentle Yoga</b>	Enjoy the harmonizing benefits of yoga through gentle stretching and strengthening, breath work, and relaxation.
<b>HIIT</b> <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.
<b>Golden HIIT</b>	A total body, aerobic and strength conditioning workout geared towards our active aging population.
<b>Kettlebell Flow</b>	Two or more kettlebell exercises strung together and performed back-to-back in fluid sequences to build strength, muscular endurance and burn calories.
<b>Lift</b>	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettle bells and other equipment. Not a burpee in sight!
<b>Mixed Level Yoga</b>	Suitable for all levels, this class aims to improve strength, focus and flexibility. Options are provided in each pose to challenge your comfort level.
<b>Power Core</b>	This class will develop and challenge your core strength and stability in combination with weight training and cardio exercises. Shoes are required.
<b>SOULfusion™</b> (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.
<b>Tabata</b>	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
<b>Zumba™</b>	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.
<b>Zumba Gold™</b>	Active older adults who are looking for a modified Zumba™ class that recreates the original moves you love at a lower-intensity.
<b>Yin Yoga</b>	A slow paced class that focuses on the deeper connective tissue: tendons, ligaments and fascia, opening them slowly and safely resulting in an overall feeling of lightness, spaciousness and peace. Suitable for all levels.