



Spring Drop-in at the Canada Games Centre

Monday, March 21st – Friday, June 10th, 2022



updated April 11, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Bootcamp 6:15 am – 7:15 am				
SOULfusion™ ends Apr. 24 8:45 am – 9:45 am	Functional Fitness 9:00 am – 10:00 am		Golden HIIT 9:00 am – 10:00 am		Tabata 9:00 am – 10:00 am	Gentle Yoga 9:00 am – 10:15 am
Tabata 10:00 am – 11:00 am		Zumba™ Gold 10:00 am – 11:00 am <i>begins Mar. 29</i>				
	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	Zumba 10:30 am – 11:30 am
		Oh My Aching Body 🏊 12:05 pm – 12:50 pm		Oh My Aching Body 🏊 12:05 pm – 12:50 pm		
	Bootcamp Xpress 12:10 pm – 12:50 pm	Tabata 12:10 pm – 12:50 pm	Kettlebells 12:10 pm – 12:50 pm	Lift 12:10 pm – 12:50 pm	HIIT 12:10 pm – 12:50 pm	
	Zumba™ 5:15 pm – 6:15 pm	SOULfusion™ 5:15 pm – 6:15 pm	Zumba™ 5:15 pm – 6:15 pm	HIIT 5:15 pm – 6:15 pm		
	Gentle Yoga 6:35 pm – 7:35 pm	Lift 6:35 pm – 7:35 pm	Yin Yoga 6:35 pm – 8:05 pm	Mixed Level Yoga 6:35 pm – 7:35 pm		
		Aquafit 🏊 8:05 pm – 8:50 pm		Aquafit 🏊 8:05 pm – 8:50 pm		

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

Apr. 15-18, Easter Weekend

8:00 AM - 8:00 PM

May 23, Victoria Day

Closed

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 🌊	30 people
Oh My Aching Body 🌊	12 people
Coca-Cola Fieldhouse	20 people
Wellness Studio	15 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	
Bootcamp / Bootcamp Xpress	Get put through your paces with a mixture of cardiovascular, strength, and core training.
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. Dress in layers.
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.
Kettlebells	Two or more kettlebell exercises strung together and performed back-to-back in fluid sequences to build strength, muscular endurance and burn calories.
Lift	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettle bells and other equipment. Not a burpee in sight!
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. Dress in layers.
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.
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.
Zumba Gold™	Active older adults who are looking for a modified Zumba™ class that recreates the original moves you love at a lower-intensity.
Yin Yoga	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. Dress in layers.