



# Spring Drop-in at the Canada Games Centre

## Monday, March 23<sup>rd</sup> - Sunday, May 17<sup>th</sup>, 2026



updated March 24, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tabata Circuit</b> 8:45 am – 9:45 am	<b>Lift Foundations</b> 9:00 am – 9:50 am	<b>Slow Flow Yoga</b> 9:00 am – 10:00 am	<b>Golden HIIT</b> 9:00 am – 9:50 am	<b>Pilates</b> 9:00 am – 10:00 am	<b>Tabata</b> 9:00 am – 9:50 am	<b>Slow Flow Yoga</b> 8:45 am – 9:45 am
<b>Tabata Circuit</b> 10:00 am – 11:00 am	<b>Lift Foundations</b> 10:15 am – 11:05 am	<b>Barre</b> 10:15 am – 11:05 am	<b>Yoga Foundations</b> 10:15 am – 11:15 am	<b>Zumba™ Gold</b> 10:15 am – 11:15 am		<b>Zumba™</b> 10:00 am – 11:00 am
<b>Zumba™</b> 11:15 am – 12:15 pm	<b>Waterobics</b> 🔄 11:15 am – 12:00 pm	<b>Oh My Aching Body</b> 🔄 12:05 pm – 12:50 pm	<b>Waterobics</b> 🔄 11:15 am – 12:00 pm	<b>Oh My Aching Body</b> 🔄 12:05 pm – 12:50 pm	<b>Waterobics</b> 🔄 11:15 am – 12:00 pm	
	<b>Bootcamp</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>Barre</b> 12:10 pm – 12:50 pm	<b>HIIT</b> 12:10 pm – 12:50 pm	
	<b>Pilates</b> 12:10 pm – 12:50 pm					
	<b>Barre</b> 4:00 pm – 5:00 pm					
	<b>Zumba™</b> 5:15 pm – 6:15 pm	<b>Step</b> 5:10 pm – 5:55 pm	<b>Zumba™</b> 5:15 pm – 6:15 pm	<b>Step</b> 5:10 pm – 5:55 pm	<b>Barre</b> 5:15 pm – 6:15 pm	
	<b>Flow Yoga</b> 6:30 pm – 7:30 pm	<b>Lift</b> 6:10 pm – 7:00 pm	<b>Barre</b> 6:30 pm – 7:30 pm	<b>Lift</b> 6:10 pm – 7:00 pm		
		<b>Mind Body Yoga</b> 7:15 pm – 8:15 pm		<b>Yin Yoga</b> 7:15 pm – 8:15 pm		
		<b>Waterobics</b> 🔄 8:05 pm – 8:50 pm		<b>Waterobics</b> 🔄 8:05 pm – 8:50 pm		

### Schedule Legend

Aquatic Centre 🔄

Coca-Cola Fieldhouse\*

Wellness Studio\*



Preregistration for land fitness classes is available online 26 hours prior to class start.

[whitehorse.ca/fitness](http://whitehorse.ca/fitness) for more information

### Hours of Operation

**Monday – Friday**

5:30 am – 10:00 pm

**Saturday and Sunday**

7:00 am – 10:00 pm

### Reduced Facility Hours:

April 3-6 8:00 am – 8:00 pm

May 18 - 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.

🔗 [whitehorse.ca/cgcschedule](http://whitehorse.ca/cgcschedule)

This schedule is subject to change. View our online schedule for the most up-to-date information.



# Drop-in Descriptions

## AQUATIC DESCRIPTIONS

<b>Waterobics</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 and increase mobility.

## FITNESS CLASS DESCRIPTIONS

<b>Barre</b>	A high-intensity, low-impact workout that builds deep strength, endurance, and full-body coordination with a strong focus on the core. Barre blends empowering language, energizing music, and spicy—yet accessible—movements to keep you motivated and engaged from start to finish.
<b>Bootcamp</b>	Get put through your paces with a mixture of cardiovascular, strength, and core training.
<b>Flow Yoga</b>	A dynamic, energy building practice that focuses on moving mindfully and building strength. Postures are linked with breath and downward-upward dog flow sequences.
<b>Golden HIIT</b> <i>High Intensity Interval Training</i>	A total body, aerobic and strength conditioning workout geared towards our active aging population.
<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>Kettlebells</b>	Learn the fundamentals like swings and cleans, then build on them with challenging exercises to boost strength, endurance, and mobility. With a focus on proper technique and fun, there's something for everyone—whether you're new to kettlebells or experienced.
<b>Lift</b>	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettlebells and other equipment. Not a burpee in sight!
<b>Lift Foundations</b>	A slower-paced strength class focused on mastering basic lifting techniques, improving balance, and building functional movement skills. You'll use a variety of equipment in a supportive environment.
<b>Mind Body Yoga</b>	Gentle physical exercises fused with relaxation and breathing exercises followed by an introduction to meditation.

<b>Pilates</b>	Pilates focuses on foundational exercises designed to build core strength, enhance flexibility, and improve body awareness through controlled movements and mindful breathwork.
<b>Step</b>	Step Aerobics is a classic cardio workout using an adjustable platform, designed to elevate your heart rate and provide a fun, music-driven experience.
<b>Slow Flow Yoga</b>	Focus on proper alignment, breath awareness and mindfulness, as you move through poses and sequences at a slower and more deliberate pace
<b>Tabata</b>	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
<b>Tabata Circuit</b>	Challenging yourself from station to station in this Tabata style class. Develop strength, cardio and coordination while keeping to the traditional Tabata format.
<b>Yoga Foundations</b>	Hatha Yoga focuses on the foundations of body movement and is accessible to all levels of practice. It begins with methodical warm-ups and progresses to a variety of postures that use intentional movement to foster a connection to breath and increase body awareness.
<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.
<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.



**Preregistration for land fitness classes is available online 26 hours prior to class start.**

Fitness classes are free for CGC members (1, 6 and 12 month); non-members and punch pass holders are subject to a per class fee. To secure your spot in a class, register online.