



Drop-in Fitness Schedules

For ages 13+ years

Updated Sep 9, 2021

Gibsons & Area Community Centre

Effective Sep 7 to Dec 17 except for statutory holidays (Sep 30, Oct 11 & Nov 11).

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30 - 7:15 am Spin Room 209 Bonnie *Starts Sep 7		6:30 - 7:15 am Spin Room 209 Bonnie *Starts Sep 9			
8:45 - 9:45 am Spin & Strength Room 209 Bonnie *Starts Sep 13	8:00 - 8:45 am Core Rom 219 Bonnie * Starts Sep 7	8:45 - 9:45 am Spin & Strength Room 209 Bonnie *Starts Sep 8	8:00 - 8:45 am Core Room 219 Bonnie *Starts Sep 9			
			9:00 - 9:30 am Spin Express Room 209 Bonnie *Starts Sep 9			

Please arrive early to class to avoid disappointment, space is limited and admission to class may not be granted after the scheduled start time.

Core: Wake up your postural and inner muscles needed for great posture and a strong back while developing overall core strength. Core Classes strengthens everything from your shoulders to your hips making you stronger in all you do. In addition, strengthening your core can help reduce back pain. It's quick and challenging in a fun group environment. Instruction for overall conditioning, proper technique and posture will be given. Each class is supported with great music to push you through a variety of exercises.

Spin & Strength: Combine the cardio of spin with the benefits of strength training in this class. Starting off with spin including a warm-up, cardio challenge, and cool down. Layer in some strength training and finish off with a thorough stretch.

Spin Express - Short on time? This spin class combines fast paced sprinter style training, with all the benefits of an interval workout and is shorter in duration (only 30 minutes). Spinning classes provide and intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Spin: Spin classes provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of drills to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Interested in instructing Fitness programs for the SCRD? Contact Chelsea Fortin at chelsea.fortin@scrd.ca

Admission to Fitness:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**