



Drop-in Fitness Schedules

For ages 13+ years

Please arrive early to class to avoid disappointment, space is limited and admission to class may not be granted after the scheduled start time. **Schedules are subject to change without notice.**

Updated May 25

Gibsons & Area Community Centre Effective Apr 1 to Jun 30 except for statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30 - 7:15 am Spin Room 209 Bonnie		6:30 - 7:15 am Spin Room 209 Bonnie			
8:45 - 9:45 am Spin & Strength Room 209 Bonnie	8:00 - 8:45 am Core Room 219 Bonnie	8:45 - 9:45 am Spin & Strength Room 209 Bonnie	8:00 - 8:45 am Core Room 219 Bonnie			
		9:15 - 10:00am Express ReFit Room 219 Jacquie	9:00 - 9:30 am Spin Express Room 209 Bonnie			

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.

Express Refit: For all levels, this total body workout includes cardio and muscle conditioning as well as stretching and relaxation. Progressions and healthful lifestyle information are included and the focus is on having fun! Instructor: Jacquie Allan, B.R. E., "Recreation Phonologist!".

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.

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 an 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.

Interested in instructing Fitness programs for the SCRD? Contact Khoya Craig at Khoya.Craig@scrd.ca or for more information visit <https://www.scrd.ca/become-an-instructor>

Admission to Fitness:

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