



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 Sept 29

Pender Harbour Aquatic & Fitness Facility						
Effective Sep 6 to Dec 15 except for statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	10:30 - 11:30 am Land Meets Water Gaye		10:30 - 11:30 am Land Meets Water Gaye			
	6:00 - 7:00 pm Mat Pilates Viri	6:00 - 7:00 pm Bootcamp Alex				

Class Descriptions

Bootcamp: Work through a series of both strength training and cardio full body movements that'll have you sweating and your muscles burning. With a new workout each class, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Land Meets Water: Simply wanting a mid-day stretch, or just finished a workout and are looking for a cool down. Activation through resistance and immediate stretching creates thorough full body exercise. No impact stretching and movements with personalized instruction that will help you find your centre from the inside out.

Mat Pilates: This class will focus on lengthening and strengthening your body using core exercises. Increase your flexibility, core strength and your ability to calm and focus your mind.

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**