



# 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 Mar 17

Gibsons & Area Community Centre						
Effective April 3 to June 30 except for statutory holidays						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30 - 7:15 am <b>Spin</b> Room 209 Bonnie		6:30 - 7:15 am <b>Spin</b> Room 209 Bonnie			
8:45 - 9:45 am <b>Spin &amp; Strength</b> Room 209 Bonnie	8:00 - 8:45 am <b>Core</b> Room 219 Bonnie	8:45 - 9:45 am <b>Spin &amp; Strength</b> Room 209 Bonnie	8:00 - 8:30 am <b>Spin Express</b> Room 209 Bonnie			
	9:00 - 9:45 am <b>Mix It Up</b> Room 219 Susan	9:00 - 9:45 am <b>Express Fitness</b> Room 219 Jacquie	9:00 - 10:00 am <b>Cardio Dance</b> Room 219 Susan			
	10:15 - 11:00 am <b>Express Circuit</b> Weight Room Susan			10:15 - 11:00 am <b>Express Circuit</b> Weight Room Lisa		

**Cardio Dance:** Get your heart pumping and have fun with the ultimate workout in this dance-inspired group fitness class! Using different styles of music and going with the natural flow, this class is designed for all levels and abilities and will enhance the way you move and how you see yourself.

**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 Circuit:** Join us in the weight room for this interval-style class. Working with the hydraulic equipment, steps, and other small equipment, the instructor will provide multi-level options. Stations incorporate a variety of training methods to add variety and progression to your workouts. Work at your own pace to get a well-rounded workout that includes muscular endurance and aerobic training.

**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!".

Admission to Fitness:

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



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**Mix It Up** - Designed with the idea of offering something different each week. Classes will vary to include cardio, resistance training, and endurance and agility, such as circuits, step, and HIIT training. Stretching and mat & core work will be incorporated as well. This fun and energizing class will provide you the variety you're looking for!

**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 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.

**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.

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

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Sunshine Coast Regional District Recreation: [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

604-885-6801