



# 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 20

### Pender Harbour Aquatic & Fitness Facility

Effective April 3 to June 30 except for statutory holidays.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			8:45 – 9:45 am <b>Mix It Up</b> Amanda			
	10:30 - 11:30 am <b>Land Meets Water</b> Gaye		10:30 - 11:30 am <b>Land Meets Water</b> Gaye			

### Class Descriptions

**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.

**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!

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>

### Admission to Fitness:

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

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

604-885-6801