



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 Jun 16

Updated Mar 20

Sechelt Aquatic Centre						
Effective April 3 to June 30 except for statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:15 - 7:15 am Spin & Strength Community Room Katherine		6:15 - 7:15 am Spin & Strength Community Room Katherine		6:15 - 7:15 am Spin & Strength Community Room Katherine		
9:00 – 9:45 am Mix It Up Susan		9:15 – 10:15 am Cardio Cabaret Ivana <i>Last class Jun 7</i>				
10:15 - 11:00 am Core Johanna		10:30 – 11:15 am Motion for Mobility Ivana <i>Last class Jun 7</i>	10:15 - 11:00 am Core Johanna			
			11:15 – 12:00 pm Motion for Mobility Ivana <i>Last class Jun 8</i>			
			12:15 – 12:45 pm Spin Express Community Room Ivana <i>Last class Jun 8</i>			
5:30 - 6:30 pm Fit Flow Yoga Linda	5:30 - 6:30 pm Functional Strength & Movement Linda		5:45 – 6:45 pm REboot Camp Lisa			

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

604-885-6801



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 Jun 16

Cardio Cabaret: Fitness with style! Groove to a variety of great music in this intense, interval-based workout. The ever changing playlist and styling moves are guaranteed to make you sweaty and fit, all while having fabulous fun!

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!".

FitFlow Yoga: Fitness based yoga ideal for beginners. FitFlow yoga provides an introduction to yoga and its postures, breathing and relaxation techniques. FitFlow yoga is a great starting point for yoga practice or a place to stay awhile and practice at your own speed.

Functional Strength & Movement: This class combines a low impact segment and exercises designed for everyday functionality that targets your core and balance using body weight and equipment such as free weights, stability balls, body bars, and tubing. The class ends with a calming, muscle-lengthening stretch to wrap up the class.

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!

Motion for Mobility: 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.

REboot Camp: Come REboot your body and fitness routine with Lisa in this bootcamp-style class! Work at your own pace as Lisa takes you 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 week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing. Feel strong, powerful, and accomplished after this workout!

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**

Sunshine Coast Regional District Recreation: www.scrd.ca/recreation

604-885-6801