



# 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 Apr 4

Pender Harbour Aquatic & Fitness Facility						
Effective April 1. No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			8:45 – 9:45am <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:

**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!

**Older Adult Keep Fit: Land Meets Water:** 30 minutes of mild stretching, flexibility, range of motion, balance, postural and muscular exercises are performed on land (on mats) with music followed by 30 minutes of exercise in water with music. Low impact movement with endurance, strength, cardiovascular and flexibility components. An ideal class for older adults.

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 [scrd.ca/recreation-instructors/](http://scrd.ca/recreation-instructors/)

### Admission to Fitness:

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