



# 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 Feb 22

Sechelt Aquatic Centre						
Effective Jan 2 to Mar 28						
Mon <i>Classes Cancelled April 1</i>	Tue	Wed	Thu	Fri <i>Closed March 29</i>	Sat	Sun
6:15 - 7:15 am <b>Spin &amp; Strength</b> Katherine <i>Last class Mar 18</i>		6:15 - 7:15 am <b>Spin &amp; Strength</b> Katherine <i>Last class Mar 20</i>		6:15 - 7:15 am <b>Spin &amp; Strength</b> Katherine <i>Last class Mar 22</i>		
9:00 - 9:45 am <b>Mix It Up</b> Susan		9:00 - 10:00 am <b>Cardio Dance &amp; Core</b> Lisa				
10:15 - 11:00 am <b>Core</b> Johanna	10:30 - 11:30 am <b>The Works!</b> Lisa	10:15 - 11:00 am <b>Fusion Mat</b> Susan	10:15 - 11:00 am <b>Core</b> Johanna			
		11:15 - 12:00 pm <b>Cardio Fitness</b> Susan	11:15 - 12:00 pm <b>Supportive Stretching</b> Lisa			
5:30 - 6:30 pm <b>FitFlow Yoga</b> Linda	5:30 - 6:30 pm <b>Functional Strength &amp; Movement</b> Linda					

## Class Descriptions:

**Cardio Dance & Core:** Get your heart pumping and have fun with the ultimate workout in this dance-inspired fitness class! Using different styles of music and going with the natural flow, this class is designed for all levels and abilities. Each class will include a focus on the core that will improve strength, increase flexibility, and help prevent injury. Come 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. Instructions 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.

**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.

## 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



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**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.

**Fusion Mat:** This 45-minute class combines pilates, yoga, core stability, stretching, and visual meditation to create a low-impact, full-body workout. Put your body to work by slowing down and becoming more aware of the nuances that aid in connecting to your capabilities for movement and strength.

**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.

**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.

**Supportive Stretching:** Gentle movement and stretching designed to encourage joint function and realignment. These supported exercises are safe for people recovering and rehabbing from injury. Come experience core alignment with Lisa, a well studied Physical Therapist and Fitness Instructor.

**The Works!** A little Hi/Lo, a little Cardio Kickboxing, and a whole lot of fun! This class is a full body workout incorporating these two styles and finishes with abdominal exercises and stretching.

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/)

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