



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.** Last updated Apr 4

Gibsons & Area Community Centre						
Effective April 1. No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30 - 7:15 am Spin Bonnie <i>No Class April 30</i>		6:30 - 7:15 am Spin Bonnie <i>No class May 2</i>			
	8:00 - 8:45 am Core Bonnie		7:45 - 8:45 am Spin+ Bonnie			
8:45 - 9:45 am Spin & Strength Bonnie. <i>No classes April 22 to May 20</i>		8:45 - 9:45 am Spin & Strength Bonnie <i>No classes April 24 to May 22</i>	8:45 - 9:20 am Mix It Up Susan			
		9:00 - 9:45 am Express Fitness Jacquie	9:30 - 10:15 am Fusion Mat Susan			
	6:15 - 7:05 pm Spin with Cyn Cynthia		6:15 - 7:05 pm Spin with Cyn Cynthia <i>No Class April 4</i>			

Scroll down to next page for **Sechelt** Fitness Classes.

Pender Harbour Aquatic & Fitness Facility						
Effective April 1 No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			8:45 - 9:45am Mix It Up Amanda			
	10:30 - 11:30 am Land Meets Water Gaye		10:30 - 11:30 am Land Meets Water Gaye			

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Sechelt Aquatic Centre						
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Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>No Class May 20</i>						
6:15 - 7:15 am Spin & Strength Katherine <i>No class May 20</i>		6:15 - 7:15 am Spin & Strength Katherine		6:15 - 7:15 am Spin & Strength Katherine		
9:00 - 9:45 am Mix It Up Susan <i>No class May 20</i>		9:00 - 9:45 am Cardio Fitness Susan				
10:15 - 11:00 am Core Johanna <i>No class May 20</i>	10:30 - 11:30 am The Works! Lisa	10:00 - 11:00 am Fusion Mat Susan	10:15 - 11:00 am Core Johanna			
			11:15 - 12:00 pm Supportive Stretching Lisa			
5:30 - 6:30 pm FitFlow Yoga Linda <i>No class May 20</i>	5:30 - 6:30 pm Functional Strength & Movement Linda					

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Class Descriptions:

Cardio Fitness: Get your heart pumping and have fun as you move your body to great mainstream music in this 45-minute, cardio-focused class.

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.

Express Fitness: 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, MA, "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.

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: 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+: This spin class combines power and speed with all the benefits of an interval workout, plus bonus core and stretching segments! The first 30 minutes of class is spent on the bike while the second half of class is spent off the bike, with 15 minutes each of core work and a stretching cool-down.

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 with Cyn: 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.

Supportive Stretching: Gentle movement and stretching designed to encourage joint function and realignment. These supported exercises are safe

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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 or for more information visit scrd.ca/recreation-instructors/

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