

GROUP FITNESS DROP-IN SCHEDULE | ADULT & YOUTH | REVISED SEP 4, 2024

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS. FOR PROGRAM DESCRIPTIONS AND INTENSITY RATINGS, SEE BELOW

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------|---|-----------------------------------|---|-----------------------------------|--|---|
| FITNESS CENTRE 3-8PM | FITNESS CENTRE 6-10AM 3-9PM | FITNESS CENTRE 6-10AM 3-9PM | FITNESS CENTRE 6-10AM 3-9PM | FITNESS CENTRE 6-10AM 3-9PM | FITNESS CENTRE 6-10AM 3-9PM | FITNESS CENTRE 8AM-10PM |
| | CIRCUIT 8-9AM Track Zhauhara | | | | CIRCUIT 8-9AM Track Kevin | CIRCUIT 10-11AM Track Paige <i>*NEW! Starts Sep 7</i> |
| | | | TOTAL BODY BLAST 8-9AM Gym Rebecca D | | | |

ACTIVITY DESCRIPTIONS & INTENSITY RATING

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|-------------------------|------------|---|
| CIRCUIT | 3-4 | Elevate your training with this total body circuit-style interval class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning. |
| TOTAL BODY BLAST | 3-4 | Ignite your metabolism with a fun, endurance-focused workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina. |

INTENSITY RATING SCALE: 1 = V.Light Intensity | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

