

# GROUP FITNESS SCHEDULE

Effective: September 1, 2024 - September 29, 2024

Updated 08/22/2024



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

9:15am-10:00am  
**Aerobics & Bollywood Dance**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**CardioFit**  
*(Fitness Studio)*

10:30am-11:00am  
**SitFit**  
*(Fitness Studio)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

5:15pm-5:45pm  
**Tabata30**  
*(Fitness Studio)*

6:00pm-6:45pm  
**Core Conditioning**  
*(Fitness Studio)*

7:00pm-8:00pm  
**Hatha Yoga**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Muscle Fit**  
*(Fitness Studio)*

10:30am-11:30am  
**Zumba**  
*(Fitness Studio)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

12:10pm-12:50pm  
**Cycle Fit**  
*(Fitness Studio)*

6:00pm-6:45pm  
**Rhythmic Beat Based Spin**  
*(Fitness Studio)*

7:45pm-8:30pm  
**Evening Chill**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Step Aerobics**  
*(Fitness Studio)*

10:30am-11:00am  
**SitFit**  
*(Fitness Studio)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

12:10pm-12:45pm  
**Lunch HIIT**  
*(Fitness Studio)*

1:00pm-1:45pm  
**Zumba Gold**  
*(Fitness Studio)*  
*(Starts September 11)*

5:15pm-6:00pm  
**Full Body Blitz**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:15am  
**Starter Muscle Fit**  
*(Fitness Studio)*

10:30am-11:15am  
**Stretch and Strength**  
*(Fitness Studio)*  
*(Starts September 12)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

12:10pm-12:45pm  
**Lunchtime Yoga**  
*(Fitness Studio)*

5:00pm-5:45pm  
**Zumba**  
*(Fitness Studio)*  
*(Starts September 12)*

6:00pm-6:45pm  
**Rhythmic Beat Based Spin**  
*(Fitness Studio)*

9:15am-10:15am  
**Aqua Fit**  
*(Pool)*

9:15am-10:00am  
**Zumba**  
*(Fitness Studio)*

10:15am-11:45am  
**Line Dancing**  
*(Studio)*  
*(Starts October 6th)*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

8:30am-9:15am  
**Cycle Fit**  
*(Fitness Studio)*

10:30am-11:15am  
**Youth Strength Build**  
*(Fitness Studio)*  
*(Youth Registered program)*

1130am-12:15pm  
**Youth Strong ME!**  
*(Fitness Studio)*  
*(Youth Registered program)*



We are pleased to partner with **Aline Wellness** to offer yoga programming Tuesday evenings. Class runs Sept 3 to Nov 5

**Aerobics and Bollywood Dance***All Levels*

A fusion of various Indian and other styles of dance for a fun, high energy class. Come feel the music in this class where there are no defined dance rules. Located in the Studio.

**Aquafit***Beginner to Intermediate*

This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. Located in the pool.

**Aqua R.O.M.***Beginner*

Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages the use of a full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. Located in the Pool.

**Cardio Fit***Beginner to intermediate*

A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. Located in the Studio.

**Core Conditioning***All Levels*

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Located in the Studio.

**Cycle Fit***All Levels*

Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. Located in the Studio.

**Evening Chill***All levels*

We are pleased to partner with Aline Wellness to offer Evening Chill. This yoga class is thoughtfully crafted to help you let go of the day's stress and find serenity. Begin with gentle, flowing movements designed to ease your muscles and enhance flexibility, followed by calming poses held to deepen your relaxation and connect with your inner peace. As we flow through our practice, we'll incorporate relaxing breathwork techniques to center your mind and cultivate a sense of peace. The session concludes with a guided meditation, leading you into a state of profound relaxation and mental clarity. This class provides a sanctuary for both body and mind, helping you to embrace the evening with a sense of tranquility and balance. Join us to unwind, restore, and prepare for a restful night's sleep. Meghan MacLeod is a certified yoga therapist, yoga instructor, and meditation teacher. She recently moved back to her hometown of Sault Ste. Marie after studying for 4 years with Yoga Therapy Toronto. Located in the Studio.

**Hatha Yoga***All levels*

Based on Hatha tradition, this class offers the opportunity to explore and create a stronger self-body mind connection through breath and movement. Classes will involve various Hatha-based styles of yoga; including vinyasa flow. Asanas, postures, and movements to help improve alignment, mobility, balance, flexibility, strength, and an opportunity to stretch, unwind, and release tension. Located in the Studio.

**Lunch Time Yoga***All levels*

This class is designed to recharge your energy to get you through the rest of the day. This is a combination class of Hatha, Vinyasa, and Pranayama. Classes will be safely designed with a specific intention, focus, or theme such as opening the chest and hips, releasing tension in the neck and shoulders, and improving alignment and flexibility in the spine, hamstrings, and upper and lower body. Located in the Studio.

**Lunch Time HIIT***All levels*

Spice up your lunchtime with a 35-minute HIIT session that's both fun and invigorating. Enjoy short bursts of exercise followed by quick recovery periods, incorporating weights, cardio, core, and stabilizer exercises for a well-rounded workout! With energizing music to keep you motivated, you'll leave feeling refreshed and ready to tackle the rest of your day. Perfect for all fitness levels—make lunch the best part of your day! Located in the Studio.

**Line Dancing***All levels*

Get moving and learn how to line dance. Several dances will be taught during this social and fun-filled time. The first 30 minutes of the class are for beginners. Located in the Studio.

**Muscle Fit***Intermediate to advanced*

This fun and high-energy class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups of the body. Build the foundations of movement with exercises that work your core and stabilizer muscles. A lengthy warm up and cool down is incorporated to improve overall mobility. Experience with movements like lunges, planks, and squats are suggested, but not required. Located in the Studio.

**Rhythmic Beat Based Cycling***Intermediate to advanced*

We're putting our SPIN on cycling, in a music beat based way! Feed off the incredible instructor's energy in the room with a combination of endurance and strength building. A whole total body workout that you won't regret! The music is loud, and the lights are glowing to give the motivation and endurance you need with a mix of fast sprints, heavy climbs, push-ups, jumps and more all timed to the beat of the music. You'll be counting down the hours until you're back on the bike and in our kickass beat-based class. See you there! Located in the Studio.

**Sit Fit***All Levels*

Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. Mondays & Wednesdays: Located in the studio.

**Starter Muscle Fit***All levels*

Join us for a fun and engaging class that offers a gentler approach to strength training while still providing a challenging workout. This class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups with lower impact and slower, controlled movements. Stabilizer exercises are included to offer a well-rounded workout. A lengthy warm and cool down is incorporated to improve overall mobility. Previous experience is not required. Located in the Studio.

**Step Aerobics***Intermediate to advanced*

This fun, choreographed cardiovascular workout utilizes a 4-10 inch platform to increase intensity, helping you burn fat while strengthening your core and targeting key muscle groups. With classic step moves and upbeat, motivating music, you'll be stepping on and around the bench to improve your agility and coordination. Whether you're looking to challenge yourself or just have a good time, this class is designed to be exciting, welcoming, and the perfect way to get your body moving. Located in the Studio.

**Stretch and Strength***All levels*

Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. TheraBand's and other equipment will be used. Located in the Studio.

**Tabata30***Intermediate to advanced*

Power up your fitness in just 30 minutes with Tabata30! This high-intensity interval training (HIIT) class combines bursts of cardio, strength, and resistance exercises with short recovery times, all set to energizing music. Get a total-body workout that pushes your limits, burns calories, and leaves you feeling strong—all in half an hour! Located in the Studio.

**Total Body Blitz***Intermediate to advanced*

A combination of strength, cardio and core with timed intervals of work rest to keep your heart rate up and calories burning! Located in the Studio.

**Zumba / Zumba Gold***All levels*

A cardio workout with Latin flavor and international zest. Zumba Gold is a cardio workout at a little slower pace. Located in the Studio.