

Collicutt Centre FITNESS DROP-IN SCHEDULE

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JULY 1 - AUGUST 31, 2024

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING CLASSES	<p>*UPPER BODY BLAST 8:30 - 9:15 a.m. No class July 1 & Aug 5</p>						
	<p>FUSION 9:30 – 10:30 a.m. No class July 1 & Aug 5</p> <p>SPIN 9:30 – 10:15 a.m. (Spin Bikes) No class July 1 & Aug 5</p> <p>*MILD MORNING WORKOUT 11 - 11:45 a.m. No class July 1 & Aug 5</p>	<p>POWER HOUR 9:30 – 10:30 a.m.</p>	<p>FUSION 9:30 – 10:30 a.m.</p> <p>SPIN 9:30 – 10:15 a.m. (Spin Bikes)</p> <p>*MILD MORNING WORKOUT 11 - 11:45 a.m.</p>	<p>CIRCUIT TRAINING 9:30 – 10:30 a.m.</p>	<p>*MIX & MATCH 6 - 6:45 a.m.</p> <p>GUTS & BUTTS 9:30 – 10:30 a.m.</p>	<p>MIX & MATCH 9 – 10 a.m.</p>	<p>*SHAPE & FIRM 9 – 10 a.m.</p>
AFTERNOON CLASSES	<p>*MILD MORNING WORKOUT 12 - 12:45 p.m. No class July 1 & Aug 5 No class Aug 12</p> <p>SPIN EXPRESS 12:15-12:45 p.m. (Spin Bikes) No class July 1 & Aug 5</p>		<p>*MILD MORNING WORKOUT 12 - 12:45 p.m. No class Aug 14</p>	<p>*LUNCH BLAST 12:15-12:45 p.m. No Class Aug 22</p>	<p>SHAPE & FIRM 12:15-12:45 p.m.</p>	<p>* PLEASE NOTE: *HYBRID Classes must be pre-booked as an activity reservation to participate virtually.</p>	
EVENING CLASSES	<p>*MIX & MATCH 5:15 – 6 p.m. No class July 1 & Aug 5</p>	<p>SPIN EXPRESS 5:15 - 5:45 p.m. (Spin Bikes)</p> <p>*UPPER BODY BLAST 6 - 6:45 p.m.</p>	<p>TRIPLE PLAY 5:15 – 6 p.m.</p> <p>TRACK TRAINING 5:30 - 6:30 p.m. (Track)</p>		<p>BODY PUMP 4:30 – 5:15 p.m.</p>	<p>Stat Hours: 12-5 Canada Day: July 1 NO CLASS Heritage Day: Aug 5 NO CLASS</p>	

All classes take place in the Motion Studio unless otherwise noted.

Youth aged 13-17 are required to complete a youth orientation prior to use of the fitness area.
Parental/guardian approval is required.
Youth aged 13-17 must have appropriate shoe tags visible while using the fitness area and power lifting zone

Class Descriptions

MODERATE

Mix n Match

A different exercise routine each class to keep it interesting as well as effective. Get ready for a variety of training techniques!

Guts & Butts

Focus on the lower body and core using resistance bands, hand weights, stability balls and other training principles.

Power Hour

Enhance athletic and fitness performance using different cardio and muscle conditioning techniques.

Circuit Training

A high energy mix of cardio and weight training for a different class every time.

Track Training

A full body workout using interval training, calisthenics, running and sprint work on the indoor track.

Lunch Blast

Have a blast in this quick high energy class that will incorporate cardio, strength training and core to give you a total body workout.

Triple Play

A 45-minute class combining the 3 principals of cardio, strength training and core.

Jump Start

This 45 min class is a great way to jump start your day. A combination of conditioning, strength, core and stretching and is easy to modify to any fitness level.

MILD

Fusion

Experience mind and body awareness with a blend of yoga, Pilates and strength training.

Shape & Firm

Target, tone and tighten all areas of the body while using your own body weight and a variety of equipment (resistance bands, weights and stability balls and more).

Spin X-Press

A 30-minute-high energy, non-impact cycling class. Perfect for all cycling levels.

HYBRID CLASSES:

In Person OR join us virtually on-line. THE CHOICE IS YOURS!

- **If you choose to participate in the virtual option: You MUST pre-book a spot in order to receive the on-line link via e-mail.**

If you choose to come in person – just show up for class.

Mild Morning Workout

A fun, low impact class designed to improve cardio, range of motion, balance and strength. This class is ideal for those with limitations, new to exercise or those wanting a low or non-impact class.

Upper Body Blast

A fun way to build strength and increase confidence! The focus is targeting all the muscles above the waist through multiple weighted movements. You'll be flexing and squeezing your way to a trim, fit and strong upper body!

Body Pump

Target your total body using a variety of equipment to tighten and tone while increasing muscular strength and endurance.