


**DROP-IN
ACTIVITIES
SCHEDULE**
September 1 - 30, 2019

	MON	TUE	WED	THUR	FRI	SAT	SUN
Water Workouts	9 – 10 am No class Sep 2	9- 10 am Sep 3 only	9 – 10 am Sep 4 only	9 - 10 am Sep 5 only	9 - 10 am Sep 6 only	-	-
EARLY MORNING CLASSES	SPIN OUT 5:45 – 6:45 am No Class Sep 2	Boot camp 5:45 – 6:45 am Sep 3 only	UNFOLD 5:45 – 6:45 am Sep 4 only	JUMP START 5:45 – 6:45 am	-	-	-
MORNING FITNESS CLASSES	UPPER BODY BLAST 8:45-9:25am No class Sep 2 FUSION 9:35-10:35am No class Sep 2	MILD MORNING CIRCUIT 8:00 – 8:45 am POWER HOUR 9:30 – 10:30 am	FUSION 9:30 – 10:30 am	CIRCUIT TRAINING 9:30 – 10:30 am MILD MORNING CIRCUIT 11:00 - 11:45 am	GUTS & BUTTS 9:30 – 10:30 am	MIX & MATCH 9 – 10:15 am	SHAPE & FIRM 9 – 10 am
MORNING SPIN CLASSES	CYCLE & CIRCUIT 9:30 – 10:30 am No class Sep 2	-	CYCLE & CIRCUIT 9:30 – 10:30 am	-	-	-	-
AFTERNOON SPIN CLASSES	-	SPIN OUT 4:25 – 5:25 pm	SPIN OUT 5:00 – 6:00 pm	Spin Express NEW TIME 5:00 – 5:30 pm	-	-	-
EVENING FITNESS CLASSES	TRIPLE PLAY 5:15 – 6:10 pm No class Sep 2	HIGH ENERGY 6:35 - 7:30 pm	MIX & MATCH 5:15 – 6:10 pm TRACK TRAINING 6:00 – 7:00 pm	SWITCH-IT-UP 6:15 – 7:00 pm Sep 5 – UBB Sep 12 – Step Sep 19 – Tabata Sep 26 – Shape & Firm FUSION *NEW TIME 7:15 – 8:15 pm	BODY PUMP 5:15 – 6:15 pm	-	-

No Fitness Classes Monday Sept 2 (Labour Day)
Annual Waterpark shutdown Sept. 9th – 27th (No water workouts during shut down)
Water workouts will resume Sept. 30th

KNOW BEFORE YOU GO!

Drop-in activities are subject to cancellation/change without notice due to maintenance, registered programs, instructor availability or special events.

→ Regular admission applies to all drop-in activities. Wristbands are required by all participants.

Schedule for drop-in activities will be altered on holidays. For the most current information, please call 403.358.7529 or visit reddeer.ca/collicuttcentre.

SAFETY REQUIREMENTS

Youth between the ages of 13 and 17 require a fitness orientation before participating in fitness activities. Please contact our staff to arrange in advance. Children under the age of 13 may only access the running track and require the direct supervision (within arm's reach) of a parent or guardian.

3031 - 30 Avenue
403.358.PLAY (7529)
reddeer.ca/collicuttcentre



Descriptions – Fitness Drop-in Classes

MODERATE

Mix n Match (M&M) / Jump Start (JS)

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

Guts & Butts G&B)

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

Power Hour (PH)

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

Circuit Training (CT)

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

Cycle & Circuit (C&C)

Enjoy this combination workout using spin bikes for a heart pumping workout, followed by a strength portion using a variety of training principles and equipment.

Upper Body Blast (UBB)

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!

Track Training (TT)

A full body workout using interval training, calisthenics, running and spring work on the track indoors and outdoors.

Spin Out (SO)

A high energy, non-impact cycling class.

High Energy (HE)

This energized class uses a combination of cardio and muscle conditioning techniques for a total body workout.

Step

Combining cardio and strength for a heart pumping class, that will leave you with a great total body workout. So much FUN!

Triple Play (HE)

A one-hour class combining the three principles of cardio, strength training and core.

Cardio Interval (CI)

A combination of cardio and strength exercises based on the principles of Interval training.

STRONG by Zumba® (This is a Specialty class and it is not offered on a regular schedule)

Using body weight, muscle conditioning, cardio and plyometric training moves, STRONG by Zumba® is a full body workout that uses music specifically designed to match every move. If you are motivated by music and want to see rapid improvements in your overall fitness level, then this one hour class is for you. Feel Every Beat!

****Please Note: Not all classes listed are offered every month.**

MILD

Fusion (FUS)

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

Shape & Firm (S&F)

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).

Water Workouts

Enjoy this non-impact aerobics class using the resistance of water to tone and shape your body.

Body Pump (BP)

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

BMO Kids Corner Childminding

Monday - Thursday

8:45 am - 7:30 pm

Friday

8:45 am - 2:15 pm

Saturday

Closed *Saturdays will resume Oct 15th

Sun/Holidays

Closed