

# G.H. Dawe Community Centre Drop-In Fitness Schedule

rec(create)<sup>RD</sup>



August 1 - 31, 2024

## Fitness Class Locations: West Studio ~ East Studio ~ Track Classes ~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>July 1</b> 12 – 5 p.m. No Classes  <b>Move It</b> 5:45 – 6:30 a.m.  <b>Full Body Blast</b> 9:30 – 10:30 a.m.	<b>Cardio Core &amp; More</b> 9:30 – 10:30 a.m.  <b>Fusion</b> 9:30 – 10:30 a.m.	<b>Tone It Up</b> 5:45 – 6:30 a.m.  <b>Mix &amp; Match</b> 9:30 – 10:30 a.m.	<b>Fit Mix</b> 9:30 – 10:30 a.m.  <b>Fusion</b> 9:30 – 10:30 a.m.	<b>Track &amp; Turf</b> 5:45 – 6:30 a.m.  <b>Muscle Conditioning</b> 9:15 – 9:45 a.m.  <b>Stretch &amp; Roll</b> 9:50 – 10:40 a.m.	<b>Saturday Sweat</b> 9:00 – 10:00 a.m.	<b>Sunday Fit Mix</b> 9:00 – 10:00 a.m.
		<b>Track &amp; Turf</b> 12:10 – 12:50 p.m.		<b>Lunch Muscle Conditioning</b> 12:10 – 12:50 p.m.			
	<b>Muscle Conditioning</b> 5:30 – 6:15 p.m.	<b>Glute Camp</b> 4:45 – 5:15 p.m.  <b>Flex &amp; Stretch</b> 5:30 – 6:15 p.m.	<b>Track &amp; Turf</b> 5:30-6:15 p.m.	<b>Curls &amp; Crunches</b> 4:45 – 5:15 p.m.  <b>HIIT</b> 5:30 – 6:15 p.m.			



Scan Schedule Here

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## Class Descriptions

### Moderate Classes

<b>Cardio Blast</b>	A 30-minute-high intensity cardio workout.
<b>Cardio Core &amp; More</b>	A full body cardio, strength, and core workout.
<b>Circuit Blast</b>	An intense circuit style class.
<b>Curls &amp; Crunches</b>	A 30-minute upper body & core strength training class.
<b>Fit Mix</b>	All levels welcome! Full body cardio, strength, and core workout.
<b>Fit Xpress</b>	A 40-minute-high intensity cardio and strength training class.
<b>Full/Xpress Body Blast</b>	A full body cardio, strength, and core workout. (Xpress 30mins)
<b>Glute Camp</b>	A lower body workout focused on legs and glutes.
<b>HIIT/Lunch HIIT</b>	A 45-minute-high intensity interval training class. (Lunch 40mins)
<b>Mix &amp; Match</b>	An intense workout with a different routine each week.
<b>Move It</b>	A mix of calisthenics, plyometrics and free weights.
<b>Muscle Conditioning</b>	Sculpt & strengthen in this full body workout.
<b>Saturday Sweat</b>	A full body cardio, strength, and core workout.
<b>Sunday Fit Mix</b>	All levels welcome for this cardio, strength, and core workout.
<b>Tone It Up</b>	A 45-minute weight training class.
<b>Track &amp; Turf</b>	Use a variety of equipment and plyometric training for this class.

### Mild Classes

<b>Flex &amp; Stretch</b>	A blend of strength, mobility & flexibility.
<b>Fusion</b>	A blend of Yoga, Pilates, and fitness conditioning.
<b>Stretch &amp; Roll</b>	A 45-minute fascia roll class.
<b>Tai Chi</b>	A gentle class combining movement and breath.
<b>Zen &amp; Tonic</b>	A mix of Yoga, fascial rolling, stretch and breath work.