

# Drop-In Fitness

## Cycling

### Cyclefit – 45 minutes

An exciting and high energy group fitness class performed on stationary bicycles. The instructor will lead you through cycling drills using musical cues that will challenge your body and your mind. Beginner and advanced options provided- all levels welcome! Please pick up a tag at the sales desk up to 30 minutes before class time. Limited Space.

### Cycleplus – 50 minutes

Are you ready to be adventurous and spontaneous. This new class will combine traditional cycling with muscle and strength conditioning to improve tone, endurance and flexibility. Expect to be challenged regardless of your fitness level. Please pick up a tag at the sales desk up to 30 minutes before class time. Limited Space.

## Core/Stability

### Belly Dancing Level 1 – 60 minutes

Looking for a fun way to exercise? Then this class is for you! No prior dance experience required. Participants will learn the fundamentals of belly dance including stretching techniques for belly dancing. This form of dance allows you to tailor the movements to your own individual level of fitness. Participants are welcome to bring a fringe hip scarf if they wish.

### Belly Dancing Level 2 – 60 minutes

This class is for participants who have already learned belly dancing fundamentals. You will learn new movements as well as add variations to the moves learned in the beginner's class. This class will allow participants to tailor movements according to their fitness level. Please bring a hip scarf to class as well as a practice veil (information will be handed out in class on making your own).

### Core Control – 30 minutes

A short and intense muscle conditioning class to strengthen your core stabilizer muscles (abs and back) to improve posture and balance.

### Core Strength and Stretch – 45 minutes

An intense 30 minute muscle conditioning class to strengthen your core stabilizer muscles to improve posture and balance; followed by 15 minutes of relaxation and stretching

### Strength – 55 minutes

An amazing combination of core stability, balancing, yoga, Pilates and traditional strength training exercises for a complete body workout! Light weights and body weight are used in stationary and slow movements to create lean, toned muscle loaded with endurance. Great for all levels of fitness.

## Cardio Based

### 30/30/15 – 75 minutes

Take the Hi/Lo Combo and combine it with 30 minutes of strength and 15 minutes of flexibility exercises and you've got 30/30/15!

### NEW African Dance – 55 minutes

An African proverb says "if you can walk, you can dance". This is a fun and energetic cardio-workout for all fitness levels. No prior dance experience require. This will give you over-all body conditioning with a feeling of joy while releasing stress and tension. Get ready to move and let the African drums and rhythms move you!

### Bootcamp Cardio – 45 minutes \*

This class is designed to increase cardiovascular fitness. Come out and try this non-stop, high intensity class! Try the Bootcamp Strength class as well!!

### NEW PULSE - 45 minutes

Performance, Ultimate workout, Laugh, Sweat, Energy. An aerobics based class open to all ages and fitness levels. This 45 minute class includes cardio, weights, core work and stretching.

### Hi/Lo Combo – 55 minutes

Hi/Lo Combo is an aerobics-based workout offering participants of all ages and fitness levels high- and low-impact options. This cardio workout combines choreographed moves with muscle conditioning and stretching

### Runfit – 45 minutes

This aerobics-based workout focuses on cardio exercise to get the heart pumping. The class incorporates running drills with other choreographed moves as well as muscle conditioning and stretching.

### Sculpt and Sweat – 45 minutes \*

This 45 minute class will keep your heart pumping! This choreographed class will keep you moving and sweating, guaranteed to keep your heart rate up. Come out and get a great workout!

### Step – 45 minutes \*

Step aerobics offers a moderate to high-intensity cardiovascular workout. Participants will get a great full body workout while moving through the intense choreography of this class. Come out and give it a try!

### Step Circuit

Join this 30 minute class for an intense full body workout. This class incorporates the step, weights and core work for the total body workout. Guaranteed to keep you moving and make you sweat!

### Sunrise Racers/Pacers

Come out first thing in the morning and get your cardio in by walking/jogging around the gym. This is a drop in program- come and go as you like. Great for people who want to work on their cardio without the weather getting in the way.

## Family Classes

### Family Fitness Circuit – 55 minutes

A class designed for parents and children to be active together. Participants will be led through drills, obstacle courses and other activities to strengthen and condition our younger members while still having fun as a family. Come and get fit together with an instructor who has years of experience working with young children. Children aged 5+ years.

# Drop-In Fitness

## Program Sessions

Winter A - Saturday January 9 to Friday March 5

Winter B - Saturday March 6 to Friday April 30

Spring C - Saturday May 1 to Friday June 25

## Yoga

### Flow Yoga – 55 minutes

A fluid yoga class, evolving from traditional yoga. Powerful sequences integrate breath with powerful movement, all choreographed to music. A completely original style of yoga that enhances strength, flexibility, vitality, agility, mindfulness, creativity, and of course rhythm. An excellent cardiovascular flow, while promoting great health benefits to body, mind and spirit. Come out, be inspired and encouraged in a fun new way. This class moves quickly. This class is best suited to intermediate participants or those who are familiar with yoga postures and poses. Take the challenge!

### Power Yoga – 55 Minutes

A fast-paced, intense style of yoga where you constantly move from one pose to the next in a range of flow sequences. Emphasis of this yoga workout is on strength, flexibility, and endurance.

### Yogafitness – 55 minutes

This drop-in yoga class uses beginner and intermediate yoga asanas (postures) to help strengthen and lengthen every muscle in your body. Yogafitness is based on traditional Yoga practice and is designed to help you connect spirit, mind and body. This class will leave you feeling balanced, strong and flexible.

### Hatha Yoga – 55 minutes

Hatha is a classic approach to yoga that emphasizes physical detail, focus and breath awareness. This practice energizes and tones the body. Each class is a unique experience, with different sequencing. There is an emphasis on balance, breath, alignment, core strength and flexibility. This class is designed to help you gain body awareness, peace of mind and relaxation. Classes are great for all levels!

## Muscular Strength and Endurance

### Bootcamp Strength – 45 minutes \*

A higher intensity class that is designed to increase speed, build muscular strength and endurance. The ultimate fitness class with complete body conditioning!! Also try the Bootcamp cardio class!

### Glute/Leg & Thigh Combo – 45 minutes

This class will help sculpt and tone your leg muscles. This class specifically focuses on legs, glute, and thighs. A variety of equipment may be incorporated

### Muscleworks – 45 minutes

Designed for all ages and all levels of fitness, this non-impact weight-training workout strengthens, tones and defines every muscle in your body. We use steps, stability balls, weights, bands and more for a total body workout

### **NEW** Resistance & Stretching – 45 minutes

This class is divided into 30 minutes of resistance exercises and 15 minutes of stretching. This class will help you to tone and increase your flexibility. Resistance bands, stretching belts, and free weights will be used in this class.

\* A higher intensity class

