



FITNESS PROGRAMMS



Instructor in the Spotlight

Jen Kiess

Jen's passion for fitness and health led her to become employed with the Canada Games Centre as a Permanent Part-Time Fitness Specialist. Being a Certified Weight Trainer, Group Fitness Instructor & Level 2 Yoga Instructor allows her to share her enthusiasm and passion for a healthy body both in the gym and in the fitness studio. You can find her teaching many modes of exercise with special interest in Pre & Postnatal fitness and Pilates. She strongly believes living an active lifestyle is a necessity, our bodies are meant to MOVE. This assists with whole body health, not just physical but emotional as well. We all have our own motivations and preferences when it comes to exercising; Jen enjoys helping people find their reason for walking through the gym door, to keep coming back, to seeing results and doing so in a safe and positive environment. The Canada Games Centre has something to offer everyone in the community, no matter what the age or skill level.



Pound®

POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Instructor: Melissa Cyr

Canada Games Centre – Wellness Studio

Th	Sept. 14 – Oct. 26*	7:45 pm – 8:45 pm	5	\$65	69711
Th	Nov. 2 – Dec. 7**	7:45 pm – 8:45 pm	5	\$65	69712

* no classes September 28 and October 19 ** no class November 23

Beginner Bootcamp

Learn the ins and outs of Bootcamp so you feel confident attending a drop-in Bootcamp class. Bootcamp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Learn to flip tires, work the battle ropes, swing and carry kettle bells and build confidence so you can push yourself to the next level.

Instructor: Clint Sauter

Canada Games Centre – Coca-Cola® Fieldhouse

Su	Sept. 24	9:00 am – 10:30 am	1	\$15	69848
Su	Oct. 1	9:00 am – 10:30 am	1	\$15	69849

Movement Matters

Movement Matters is a group exercise program for individuals with a chronic condition such as chronic obstructive pulmonary disease (COPD), diabetes, arthritis and / or heart disease. Benefit from the expertise of a Certified Fitness Specialist who personalizes exercises to your individual needs and abilities. Participants will be asked to complete a short medical history upon registration.

Instructor: Lana O'Connell & Jennifer Kiess

Canada Games Centre – Wellness Studio

Tu & Th	Sept. 19 – Nov. 30	2:00 pm – 3:00 pm	22	\$200	69409
				\$100 / Senior	

Strong Woman

Designed for women who are interested in learning proper lifting technique. Change the way you look at lifting weights and understand the benefits of lifting heavy, while building confidence.

This program is the prerequisites for Women's Only Strength & Conditioning.

Instructor: Lana O'Connell

Canada Games Centre – Wellness Centre

Sa	Sept. 16 – Oct. 14	9:00 am – 10:30 am	5	\$65	69407
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Women's Only Strength & Conditioning

Prerequisite: Strong Woman

Learn to work smartly and efficiently and still get the results you want. Learn to move the body as one unit, rather than separate pieces, focusing on improving strength, stamina and power. Register quickly for this popular program!

Instructor: Lana O'Connell

Canada Games Centre – Wellness Centre

Sa	Nov. 4 – Dec. 9*	9:00 am – 10:30 am	5	\$65	69410
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* no Class November 11

Warrior Strength

This 4 week program consists of strength, cardio and HIIT circuits, all tailored to empower you into your best self! Starting with a fitness test then slowly progressing each week, finishing off by retesting at the end so you can see the results. You will become faster, stronger and more agile.

Instructor: Brian Stuart

Canada Games Centre – Coca-Cola Fieldhouse

M, W, F	Sept. 11 – Oct. 6	5:30 pm – 6:30 pm	12	\$150	69643
M, W, F	Oct. 23 – Nov. 17	6:30 am – 7:30 am	12	\$150	69644

Foam Rolling 101 Workshop

Learn the ins and outs of foam rolling. Foam rolling is also called myofascial release and is designed to work out the “knots” in your muscles. When it comes to fighting soreness, boosting recovery, and getting the body prepped for a workout, foam rolling can't be beaten.

Instructor: Lana O'Connell

Canada Games Centre – Wellness Studio

Sa	Nov. 25	1:15 pm – 2:45 pm	1	\$15	69422
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Intro to Meditation and Yoga

Learn how to be more mindful, reduce your stress levels and have a more positive outlook on life. Our highly trained instructor will take you through the theory and techniques of yoga and meditation. No experience required.

Canada Games Centre – Wellness Studio

Sa	Sept. 23 – Oct. 7	8:30 am – 9:30 am	4	\$40	69674
Sa	Oct. 21 – Nov. 4	8:30 am – 9:30 am	3	\$30	69677
Sa	Nov. 18 – Dec. 9	8:30 am – 9:30 am	4	\$40	69678

Discover Yoga

This flowing yoga class moves slowly through key poses with modifications provided to meet everyone's needs. This is a great class for beginners or those who enjoy a slower pace.

Instructor: Beverley Avano

Canada Games Centre – Wellness Studio

M	Sept. 18 – Oct. 30*	7:45 pm – 8:45 pm	6	\$75	69411
M	Nov. 6 – Dec. 11	7:45 pm – 8:45 pm	6	\$75	69414

* no class October 9

Stroller Bootcamp

This indoor program consists of cardio, body weight training, core strengthening and connect time. Our program is for all fitness levels, so every new mom is welcome. Babies will be happy while you get a challenging workout, and time to connect with other parents in your community. Your fitness level and confidence will be transformed.

Instructor: Jennifer Kiess

Canada Games Centre – Dasani® Running Track

Tu & Th	Sept. 12 – Oct. 5	10:30 am – 11:30 am	8	\$100	69418
Tu & Th	Oct. 10 – Oct. 26	10:30 am – 11:30 am	6	\$75	69419
Tu & Th	Oct. 31 – Nov. 9	10:30 am – 11:30 am	4	\$50	69851
Tu & Th	Nov. 14 – Nov. 30	10:30 am – 11:30 am	6	\$75	69420

Pre-Natal Yoga

Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility as your instructor leads you through a series of pregnancy-safe yoga poses. Connect with other moms-to-be in your community as you enjoy the benefits of this class.

Instructor: Jennifer Kiess

Canada Games Centre – Wellness Studio

Su	Sept. 10 – Oct. 22	3:00 pm – 3:40 pm	7	\$70	69425
Su	Oct. 29 – Dec. 10	3:00 pm – 3:40 pm	7	\$70	69662

Prenatal Aqua Fitness See it/Try it!

An energizing, low-impact aquatic fitness class designed to work the core muscles while providing an appropriate cardio workout. The instructor will include ‘Dangle time’ and stretching to relieve those nagging aches & pains. This class is suitable for all stages of an uncomplicated pregnancy. A completed PAR-Q is required before your first session.

Canada Games Centre – Lap pool

W & F	Oct. 4 – Oct. 6	12:10 pm – 12:50 pm	2	\$12	69720
Tu & Th	Oct. 10 – Oct. 12	2:35 pm – 3:15 pm	2	\$12	69721

Did you know?

Stroller Bootcamp aligns with Little Yogis for those who have Babies 6 weeks to 24 months and children who are 3 – 5 years old. See page 22 for more info.

Beginner Pilates

In partnership with the studio.

This course teaches the five basic principles of Pilates and builds a foundation of exercises required to move on to the next level. This mat based workout is designed to help participants develop longer, leaner muscles, establish core strength and stability and heighten mind body awareness.

Instructor: Master Trainer, Ann Asquith



Canada Games Centre – Wellness Studio

W	Sept. 13 – Oct. 18	7:45 pm – 8:45 pm	6	\$100	69412
W	Nov. 8 – Dec. 13	7:45 pm – 8:45 pm	6	\$100	69413

Seniors Only Beginner Pilates

In partnership with the studio.

This beginner Pilates course is designed for those over 60 who are new to, or have a basic foundation in Pilates and wish to improve your fitness level. While you strengthen your core and back muscles you will improve your balance and flexibility in the process. This course is taught by Master Trainer, Ann Asquith, who is a senior herself and specializes in teaching Pilates to seniors.

Instructor: Master Trainer, Ann Asquith



Canada Games Centre – Wellness Studio

W	Sept. 6 – Oct. 11	2:00 pm – 2:55 pm	6	\$50	69416
W	Nov. 1 – Dec. 6	2:00 pm – 2:55 pm	6	\$50	69417