



Spring 2 Drop-in at the Canada Games Centre

Monday, March 29th – Friday, June 11th



updated May 6, 2021

Schedule Legend

- Aquatic Centre** 🏊
- Coca-Cola Fieldhouse**
- Powerade® Flexihall**
- Wellness Studio**

Step Interval All Fitness/Aquatic classes require an access key tag.

Tags can be picked up any time during the day of the class at reception.

Hours of Operation
Monday – Friday
 5:30 am – 10:00 pm
Saturday and Sunday
 7:00 am – 10:00 pm
April 2 - 5, Easter Weekend
 8:00 am - 8:00 pm
May 24, Victoria Day
 Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Functional Fitness 9:00 am – 10:00 am		Golden HIIT 9:00 am – 10:00 am		Tabata 9:00 am – 10:00 am	Gentle Yoga 8:30 am – 9:30 am
Tabata 10:00 am – 11:00 am		Zumba Gold 10:00 am – 11:00 am				PiYo 9:50 am – 10:50 am
Zumba 11:15 am – 12:15 pm	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Aquafit 🏊 11:05 am – 11:50 am	Zumba 11:05 am – 12:05 pm
		Oh My Aching Body 🏊 12:10 pm – 12:55 pm		Oh My Aching Body 🏊 12:10 pm – 12:55 pm		
	Bootcamp Xpress 12:10 pm – 12:50 pm	Cardio Core Bootcamp 12:10 pm – 12:50 pm	Kettlebell Flow 12:10 pm – 12:50 pm	Lift 12:10 pm – 12:50 pm	HIIT 12:10 pm – 12:50 pm	
	Zumba 5:15 pm – 6:15 pm	Hatha Yoga 5:15 pm – 6:15 pm	Zumba 5:15 pm – 6:15 pm	Mixed Level HIIT 5:15 pm – 6:15 pm		
	Gentle Yoga 6:35 pm – 7:35 pm			Mixed Level Yoga 6:35 pm – 7:35 pm		
		Aquafit 🏊 8:10 pm – 8:55 pm		Aquafit 🏊 8:10 pm – 8:55 pm		

This schedule is subject to change.



Drop-in Descriptions

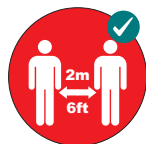
PLEASE FOLLOW OUR COVID GUIDELINES



Masks are Required to be worn throughout the CGC.



Use hand sanitizer upon entry and exit.



Keep a **safe distance of 2 meters** between yourself and others.

Capacities

Aquafit 🌊	16 people
Oh My Aching Body 🌊	6 people
Coca-Cola Fieldhouse	15 people
Powerade® Flexihall	15 people
Wellness Studio	10 people

AQUATIC DESCRIPTIONS

Aquafit 🌊	Physical conditioning is obtained by using water for resistance. Workouts include a combination of cardio and muscle focus. Most classes occur in the shallow end, but seasoned participants can choose to use the deep end.
Oh My Aching Body 🌊	This low-impact, therapeutic class occurs in the warmth of the leisure pool. Designed to help relieve chronic pain conditions and introduce the basics of aquafitness.

FITNESS CLASS DESCRIPTIONS

Bootcamp Xpress	Get put through your paces with a mixture of cardiovascular, strength, and core training.
Cardio Core Bootcamp	This class will challenge your core and stability, plus get your heart pumping through bouts of high-intensity cardio. Shoes are required.
Functional Fitness	Help improve your usable strength and physical fitness while focusing on typical movements performed outside the gym. These classes concentrate on having a large variety of exercises and movements so each class is unique.
Gentle Yoga	Enjoy the harmonizing benefits of yoga through gentle stretching and strengthening, breath work, and relaxation.
Hatha Yoga	A gentle class focusing on flowing from pose to pose and linking the movement with the breath.
HIIT <i>High Intensity Interval Training</i>	A strength and aerobic conditioning workout designed to work your whole body. High intensity cardio bursts will set you on the right track.
Golden HIIT	A total body, aerobic and strength conditioning workout geared towards our active aging population.
Kettlebell Flow	Two or more kettlebell exercises strung together and performed back-to-back in fluid sequences to build strength, muscular endurance and burn calories.
Lift	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettle bells and other equipment. Not a burpee in sight!
Mixed Level HIIT	A total body, aerobic and strength conditioning workout designed to work your whole body. High intensity cardio bursts will set you on the right track. Options are provided for all levels.
Mixed Level Yoga	Suitable for all levels, this class aims to improve strength, focus and flexibility. Options are provided in each pose to challenge your comfort level.
PiYo	PiYo cranks up the intensity and speed of traditional Pilates and Yoga to help you shape arms, flatten abs, and build a lifter's butt. No equipment needed.
Tabata	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
Zumba™	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.
Zumba Gold™	Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.