



Summer Drop-in at the Canada Games Centre

Saturday, June 11th – Sunday, September 4th, 2022



updated May 31, 2022

Schedule Legend

Aquatic Centre 🏊

Coca-Cola Fieldhouse

Wellness Studio

 **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

6:00 am – 8:00 pm

Saturday and Sunday

8:00 am – 8:00 pm

June 21, National Indigenous Peoples Day

July 1, Canada Day

August 15, Discovery Day

September 5, Labour 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	Flex Flow Yoga 9:00 am – 10:00 am	Tabata 9:00 am – 10:00 am	
Tabata 10:00 am – 11:00 am		Zumba™ Gold 10:00 am – 11:00 am				
	Aquafit 🏊 11:05 am – 11:50 am (ends Aug. 8)	Aquafit 🏊 11:05 am – 11:50 am (ends Aug. 9)	Aquafit 🏊 11:05 am – 11:50 am (ends Aug. 10)	Aquafit 🏊 11:05 am – 11:50 am (ends Aug. 11)	Aquafit 🏊 11:05 am – 11:50 am (ends Aug. 12)	Zumba 10:30 am – 11:30 am
		Oh My Aching Body 🏊 12:05 pm – 12:50 pm (ends Aug. 9)		Oh My Aching Body 🏊 12:05 pm – 12:50 pm (ends Aug. 11)		
	Bootcamp 12:10 pm – 12:50 pm	Tabata 12:10 pm – 12:50 pm	Kettlebells 12:10 pm – 12:50 pm	Power Core 12:10 pm – 12:50 pm	HIIT 12:10 pm – 12:50 pm	
	Zumba™ 5:15 pm – 6:15 pm	SOULfusion™ 5:15 pm – 6:15 pm	Zumba™ 5:15 pm – 6:15 pm	Lift 5:15 pm – 6:15 pm	Butts & Guts 5:15 pm – 6:00 pm	
	Gentle Yoga 6:35 pm – 7:35 pm	Kettlebells 6:35 pm – 7:35 pm				
		Aquafit 🏊 7:05 pm – 7:50 pm (ends Aug. 9)		Aquafit 🏊 7:05 pm – 7:50 pm (ends Aug. 11)		

Arrive on time for your class. Wellness Studio and Fieldhouse open 10 minutes prior to class start. Once a class has begun entry is not permitted.

This schedule is subject to change.



Drop-in Descriptions

Capacities	
Aquafit 🌊	30 people
Oh My Aching Body 🌊	12 people
Coca-Cola Fieldhouse	30 people
Wellness Studio	20 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	Get put through your paces with a mixture of cardiovascular, strength, and core training.
Butts & Guts	Focus on developing strong, powerful lower body and core muscles using various types of resistance training techniques, including resistance bands, free weights, BOSU and body weight exercises. Suitable for all levels.
Flex Flow Yoga	Develop functional ranges of motion and a deeper sense of body awareness through a variety of traditional and non-traditional yoga movements. Detailed cuing, creative sequencing and props will help you. Suitable for all levels.
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. Dress in layers.
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.
Kettlebells	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!
Power Core	This class will develop and challenge your core strength and stability in combination with weight training and cardio exercises. Shoes are required.
SOULfusion™ (formerly PiYo)	SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to music.
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.