Drop-in Schedule

(Age 16Y+)
Fall & Winter 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 7:15AM-8:00AM		Cardio Combo - Step 7:15AM-8:00AM		High Intensity Intervals 7:15AM-8:00AM		
	Core Fit 8:45AM-9:30AM		Core Fit 8:45AM-9:30AM			
Young at Heart Group Strength 10AM-10:45AM				Young at Heart Group Strength 10AM-10:45AM		
		Group Strength 12:45PM-1:30PM				
Zumba 6:00PM-6:45PM	Zumba 6:00PM-6:45PM					

Class Descriptions

Bootcamp
An intense, full body workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

Cardio Combo - Step
A mixed impact cardiovascular workout that may include sport specific moves, hi/low, and muscular, strength and endurance exercises. All levels welcome.

Core Fit
Strengthening of muscle groups in the torso with a focus on the core, low back & stability.

Group Strength
Build stronger muscles. Bones and joints with weight-bearing exercises designed to challenge your strength and balance. You will use a variety of equipment like dumbbells, barbells, and exercise balls in this class for a great toning workout.

Hatha Yoga
Move your body through a series of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity

High Intensity Intervals
This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods. Class incorporate principles of athletic conditioning, and functional and metabolic training.

 Young at Heart Group Strength
Weight training increases muscle strength, bone density and stamina at all ages. The exercises in this class are designed to enhance the ability of the participant to perform routine daily tasks and to improve posture and balance.

 Meets specific standards designated by the University of Ottawa Heart Institute

Zumba
Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms (salsa, merengue, samba and more) and movements which will then be combined in a one of a kind workout which will have you moving in ways you never imagined.

All the above are Drop In Classes which should be booked in advance (up to 7 days).
Book through your online portal or call 343-804-0720.