



Fitness Schedules

Updated Oct 16

Fitness Gibsons & Area Community Centre

Effective Sep 3 to Dec 20 except statutory holidays. Schedules are subject to change.

For ages 13+ years. Please arrive early to pick up a ticket at the front desk. Late admission to class may not be granted.

Mon		Tue	Wed		Thu	Fri	Sat	Sun
8:45-9:45am Mix it Up Susan <i>Cancelled Oct 21</i>		8:00-9:00am Spin & Strength Bonnie	8:00-8:45am Core Bonnie					
9:00-10:00am Spin Bonnie		9:05-10:05am Unify & Align Lisa	9:00-9:30am Spin Express Bonnie	9:00 - 10:00am Total Body Lisa	9:00-10:00am Cardio Cabaret Susan			
10:15-11:15am Refit Body Jacquie		10:15-11:00am Express Circuit Lisa			10:15-11:00am Express Circuit Lisa		10:15-11:00am Express Circuit Jacquie	
5:30-6:30pm Spin Jamie	5:30-6:30pm Cardio Cabaret Susan <i>Cancelled Oct 21</i>		5:15 - 6:15pm FitFlow™ Yoga Michelle	5:30 - 6:30pm Mix it Up Susan		Childminding is available during the shaded times. Childminding is not included in MYPASS. For more information on childminding please visit: www.scrd.ca/Children		

Fitness Pender Harbour Aquatic & Fitness Centre

Effective Sep 8 to Dec 20 except on statutory holidays. Schedules are subject to change.

For ages 13+ years, unless otherwise indicated. Late admission to class may not be granted.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30-8:15am HIIT Amanda		7:30-8:15am HIIT Amanda				
	9:30-10:30am Mix it Up Amanda & Deb	9:15-10:30am Hatha Flow Yoga Carole (Sep 18-Dec 11)	9:30-10:30am Mix it Up Amanda & Deb	9:15 - 10:30am Hatha Flow Yoga (Oct 5-Dec 6) Carole		
		5:30 - 6:15pm HIIT Amanda				

Admission to Fitness:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**



Fitness Schedules

Fitness Sechelt Aquatic Centre

Effective Sep 3 to Dec 20 except statutory holidays. Schedules are subject to change.

For ages 13+ years. Please arrive early to pick up a ticket at the front desk. Late admission to class may not be granted.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:15-7:15am Spin & Strength Katherine		6:15-7:15am Spin & Strength Katherine		6:15-7:15am Spin & Strength Katherine		
9:00-10:00am Bootcamp Lori <i>Cancelled Oct 21</i>	9:00-10:00am Spin Lori	9:00-10:00am Cardio Cabaret Ivana		8:30-9:30am Total Body Sandra		
10:15-11:00am Core Johanna			10:15-11:00am Core Johanna			
12:15-12:45pm Spin Express Ivana		12:15-12:45pm Spin Express Ivana				
		1:00-1:30pm Express Stretch Ivana				
5:30-6:30 pm FitFlow™ Yoga Linda	5:30-6:30 pm Stretch N Strength Linda	5:30-6:30 pm Total Body Sandra	5:30-6:30 pm FitFlow™ Yoga Michelle			

Interested in instructing Fitness programs for the SCRD?
 Contact Reagan Lovig at Reagan.lovig@scrd.ca or Deb Cole at
Deb.cole@scrd.ca for Pender Harbour Aquatic & Fitness Centre.

Admission to Fitness:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**



Fitness Schedules

Please arrive early to class to avoid disappointment, space is limited and admission to class may not be granted after the scheduled start time.

Bootcamp: A fast, fun, full-body workout that uses balls, bands, light weights, and bars. All levels welcome, beginner to athletes.

Cardio Cabaret: Fitness with style! An intense interval based workout while grooving to a variety of great music and enjoying good form and style with all the right moves. Ever changing playlist with muscle memory exercises guaranteed to have be sweaty, fit and fabulously fun! Check-out www.cardiocabaret.com.

Core: Waking up your postural muscles and the inner muscles needed for great posture and a strong back while developing overall core strength. Upper and lower back will also complement the overall trunk work. Small but sweet movements and resistance bands will enhance the moves and strengthen your middle, center and back. Overall conditioning and personalized attention will insure proper technique and posture throughout.

Express Circuit: Join us in the weight room for this interval style class. Working with the hydraulic resistance machines, steps and other equipment the instructor will teach multi-level options. This will allow you to work at your own pace to get a well-rounded workout that includes muscular endurance and aerobic training.

Express Stretch: For those short on time, on lunch break, simply wanting a short mid-day stretch, or just finished a workout and are looking for a cool down. Activation through resistance and immediate stretching creates thorough full body exercise in this 30-minute class. No impact stretching and movements with personalized instruction that will help you find your centre from the inside out.

FitFlow™ Yoga: Fitness based yoga ideal for beginners. FitFlow yoga provides an introduction to yoga and its postures, breathing and relaxation techniques. FitFlow yoga is a great starting point for yoga practice or a place to stay awhile and practice at your own speed.

Hatha Flow Yoga: Sequencing of poses and Pranayama (breath work). Relive tension, build strength and flexibility, balance and calm the mind. Ends with deep relaxation.

HIIT: High Intensity Interval Training, is a class where low to moderate intervals are alternated with high intensity intervals.

Mix it Up: Mix It Up will feature a variety of workouts using an assortment of equipment. All levels welcome.

Refit Body: A body conditioning workout that includes muscular and cardio conditioning, stretching, and relaxation. Focused on wellness and having fun.

Spin: An intense cardio workout while still catering to participants of all fitness levels and abilities. Instructors will lead you through a challenging series of drills to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Spin Express: Shorter & intense class that is only 30 minutes long.

Spin & Strength: Combine the cardio of spin with the benefits of strength training in this class. Starting off with spin including a warm-up, cardio challenge, and cool down. Layer in some strength training and finish off with a thorough stretch.

Stretch N Strength: Improve your strength and flexibility using body bars, tubes and free weights. All levels welcome.

Total Body: Integrate core strength and power with diverse multi-joint exercises challenging the body in all planes of movement. Cardio intervals are interspersed with high intensity and bootcamp style drills using small equipment.

Unify & Align the Spine: A no impact, rehabilitative class designed to increase postural muscle strength and facilitate alignment while gently awakening atrophied areas. A complete "Range of Motion" warm up, spinally supported exercises, pelvic floor and hip alignment, core strengthening and deep stretching.

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Sunshine Coast Regional District Recreation: www.scrd.ca/recreation

604-885-6801