

Drop In Class Descriptions

Aquabics - Incorporates a variety of traveling and static movements that get your heart pumping and muscles working hard. May include use of water weights.

Deep - Deep end, belted, low impact class

Shallow – Shallow end, standing, waist-height, lower intensity

Aquajog – Held in the deep end of the centre pool lanes. Low impact, resistance training using flotation belts, tethers and weights. Focus on proper jogging/running techniques with forward movement.

Aqua Zumba® - Less impact on your joints than on land so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Baby Bodybuilders – This is a parent and baby exercise class for new parents (baby 6 weeks to 1 year). There will be a focus on rehab for mothers, but if dad or non-birth parent wants to attend they will receive a good workout as well. Using baby as weight and moving around for most of an hour, for baby and parents to enjoy.

Benderball – Includes the use of benderballs (small light inflatable balls) for cardio, core and strengthening exercises.

Bollywood - Bollywood inspired dance workout that combines body weight training and dynamic choreography with upbeat music from around the world. This cardio style class cycles between higher and lower intensity dance sequences carefully interwoven into a playlist and ending with yoga inspired stretching.

Bootcamp - Work every muscle and push your limits in this fast paced fun group workout. A variety of exercise approaches used to provide a total body workout to improve your cardio, core and overall strength.

BoxFit - Work out your frustrations on the punching bag or with a partner in this exciting boxing fitness group workout.

Core and More/Core Focus on strength and stabilization exercises and more.

Full Body Strength and HIIT A high intensity workout combining mobility, HIIT and targeted strength training. Workouts will vary week to week, encompassing upper body, lower body and cardio/core. Get ready for a complete full body burnout that will raise your heart rate.

HIIT (High Intensity Interval Training) - Intense, time-based exercise class designed to challenge you from head to toe.

Kettlebell - Ballistic exercises that combine cardiovascular, strength and flexibility training using a cast iron ball with a handle.

Kettlebell Sport - Kettlebell endurance lifting, providing a mix of power, cardio and muscular endurance training. The object is to complete as many reps of either 1 or 2 bells of a lift within a set timeframe, the

main lifts being the snatch, jerk, or long cycle over 10 minutes. You will learn the basics techniques of kettlebell sport and kettlebell fitness moves.

Low-impact Water Movement – Keep moving with the resistance of the water, without the pressure on your joints. Perfect for the aging population or those with aching joints.

Spin – Biking without worrying about the weather using stationary cycles at different speeds and intensities. The workout can be geared to a variety of fitness levels.

Senior Spin - Designed for mature adults to enjoy indoor cycling for great exercise and socializing

Spin Bootcamp – The cardio workout of a typical spin class with an added strength component off the bike.

Sit and Be Fit – Geared towards folks with developmental and intellectual disabilities. Mostly seated exercise using light weights and stretching. Feel free to remain seated throughout if needed due to physical disability.

Step – Cardio class with the use of an aerobic step

Step Circuit – Combination of cardio using the step with an added strength circuit

Step + Conditioning - Combination of cardio using the step and conditioning using hand weights

Step and Sculpt – Combines stepping, bodyweight and free weight exercises to bring your heart rate up and sculpt your muscles.

Strong Seniors - For the strong seniors that have remained active all their lives and are looking to exercise in a group format. Expect cardio and strength and balance elements as well as core exercises. Weights, balls and gliders are used.

Strong Seniors Variety – Same great class for active senior with a variation of specialty classes such as Spin, Zumba and Step. Class type announced during the Tuesday Strong Seniors class.

TRX - This class uses the TRX suspension system. Allows people to use their own body weight to develop strength and endurance.

Yoga – Flow Yoga -Postures connected by flowing sequences and rhythmic breathing. Please bring a mat and leave feeling relaxed

Hatha Yoga - Inclusive yoga class continuously going to the basics of the practice and focus on breathing

Zumba® - Combines low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining cardio, muscle conditioning, balance and flexibility, and energy boost.

Zumba® Step – Combines the up beat music of and dancing of Zumba with the conditioning of a step class.

Zumba® Toning - Combines body-sculpting exercises and high-energy cardio work to create a cardio/strength-training dance fitness-party to tone your muscles. Use of Zumba Toning sticks (1 lb or 2.5 lbs) are optional (provided).