

Drop In Class Descriptions

Aquabics/Aqua Energizer - 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 & 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 green inflatable balls) for cardio, core and strengthening exercises.

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.

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

Functional Fitness – This class focuses on movements that mimic everyday activities – for example, squats which assist in getting out of a seated position. Lots of attention will be paid to core exercises!

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.

Muscle Conditioning – Total body workout targeting your large and small muscles to get your heart rate going.

Sit & Be Fit – Seated and inclusive exercise program. Uses light weights and stretching. Great for those with physical limitations.

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.

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 Skip 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.

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

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

Gentle Yoga – Less strenuous than other forms of yoga with slow movement and gentle stretching

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

Power Yoga – Physically challenging yoga class

Yoga Essentials – Learn about yoga basics that are essential to your practice

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

