

Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

2 - 5 week sessions starting the week of March 18 and April 22, 2019

No classes Apr. 19 (Good Friday - CGC Closed), Apr. 21 (Easter Sunday - CGC Open 12-5pm), May 20 (Victoria Day - CGC Open 12-5pm)

Fees will be prorated if you start late ...so sign up anytime.

All Programs are free for Members but registration for high demand programs is recommended to ensure a spot.

Non Member fee is \$38.00 per session for 60 minute classes (5 weeks) (Fees subject to council approval)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
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Morning Programs

Morning Bootcamp	Tuesday	6:00 - 7:00 AM	407904	407905	(10) Combined
Morning Bootcamp	Thursday	6:00 - 7:00 AM	407902	407903	(10) Combined
Spin	Monday	6:30 - 7:15 AM	407951	407952	(9) Cycling
Spin Circuit	Tuesday	6:30 - 7:15 AM	407953	407954	(9) Cycling
BoxFit	Wednesday	6:00 - 7:00 AM	407889	407890	(10) Boxing
Total Body BenderBall	Monday	9:00 - 10:00 AM	407867	407899	(9) Combined
Everybody Yoga	Saturday	9:00 - 10:30 AM	407984	407985	(7) Stretch
Strong Seniors	Tuesday	9:00 - 10:00 AM	407874	407875	(8) Wts/Core
Step Skip Sculpt	Wednesday	9:00 - 10:00 AM	407868	407869	(9) Combined
Strong Seniors Variety	Thursday	9:00 - 10:00 AM	407878	407879	(8) Wts/Core
Strong Seniors	Friday	9:00 - 10:00 AM	407893	407894	(8) Wts/Core
Aquabics	Monday	9:00 - 10:00 AM	407841	407842	(9) Shallow Water
Aquabics	Tuesday	9:00 - 10:00 AM	407845	407846	(9) Deep water w/ floatation belts
Aquabics	Thursday	9:00 - 10:00 AM	407856	407857	(9) Deep water w/ floatation belts
Aquabics	Friday	9:00 - 10:00 AM	407847	407848	(9) Deep water w/ floatation belts
Spin Drop In	Sunday	10:00 - 10:45 AM	407959	407960	(9) Cycle
Yoga	Wednesday	10:10 - 11:10 AM	407989	407990	(7) Stretch
Yoga	Thursday	10:10 - 11:10 AM	407986	407991	(7) Stretch
Aqua Energizer Deep H2O	Monday	10:15 - 11:15 AM	407839	407840	(9) Deep water w/ floatation belts
Aquabics Shallow	Tuesday	10:15 - 11:00 AM	407849	407850	(7&8) Shallow Water
Aqua Energizer Deep H2O	Wednesday	10:15 - 11:15 AM	407853	407854	(9) Deep water w/ floatation belts
Aquabics Shallow	Thursday	10:15 - 11:00 AM	407858	407859	(7&8) Shallow Water
Aqua Zumba	Friday	10:15 - 11:00 AM	407860	407861	(9) Shallow Combined

Afternoon Programs

HIIT*	Sunday	12:00 - 12:45 PM	407897	407898	(11) Combined
Muscle Conditioning	Monday	12:15 - 1:00 PM	407886	407906	(9) Combined
Step Circuit	Wednesday	12:15 - 1:00 PM	407882	407883	(9) Step Aerobic
Yoga	Thursday	12:15 - 1:00 PM	407987	407988	(7&8) Stretch
Muscle Conditioning	Friday	12:15 - 1:00 PM	407900	407901	(9) Combined
Senior Spin	Monday	1:00 - 1:45 PM	407957	407958	(8) Spinning
Senior Spin	Wednesday	1:15 - 2:00 PM	407967	407968	(8) Spinning
Sit and be Fit	Tuesday	1:15 - 2:00 PM	407870	407871	(6) Seated Fitness
Core & More	Monday	2:00 - 3:00 PM	407884	407885	(8) Combination

For a schedule of Drop-Ins Only go to gamescomplex.com or pick up a copy at the front desk. Check us out on Facebook at facebook.com/canadagamescomplex.
This schedule may have been updated since the time of printing