

Drop in Schedule: Fall 2022 (Sept 6-Oct 23, 2022)

Online booking can be done at cityofthunderbay.perfectmind.com 30 days in advance – this will help us notify you of any cancellations or changes. You can also go to thunderbay.ca/cgc > pre-booking and pre-screening info > register online (under pre-book an activity) – find them under the drop in tab

All classes are 1 hour and in the Quebec room unless stated otherwise

Classes with “*” will begin the week of September 12th

Monday

6:30am Spin – Bryan

9:00am Aquabics (Shallow) – Tracy R

9:00am Benderball – Candace

10:15am Aquabics (Deep) – Tracy R

12:15pm Flow Yoga (ON) – Holly

12:15pm Step Circuit (45mins) - Trish

1:30pm Senior Spin (45mins) – Jim

2:30pm Core and More – Karen GV

5:00pm HIIT - Gloria

6:00pm Kettlebell Advanced – Brent

7:00pm Zumba Toning – Share

7:30pm Aquajog (Lanes) – Tracy R

Tuesday

6:00am Bootcamp (ON) – Lee

9:00am Aquajog (Deep) – Tracy R

9:30am Strong Seniors – Karen GV

10:15am Aquabics (Shallow, 45mins) – Collette

12:15pm BoxFit (45mins) – Lynda

1:15pm Sit and Be Fit – Elaine

5:00pm Hatha Yoga (SASK – 1.5h) – Maureen

5:00pm Bootcamp – Susan

6:00pm Advanced Kettlebell (45mins) – Britt

7:30pm Zumba – Susie

7:30pm Aquajog (Lanes) – Steve

Wednesday

6:00am Boxing – Lee

9:00am Step and Sculpt – Sarah

9:00am Aquabics (Shallow) – Tracy G

10:15am Aquabics (Deep, 45mins) – Tracy G

11:15am Low-Impact Water Movement (45mins) – Tracy G

12:15pm Kettlebell (45mins) – Lynda

1:30pm Senior Spin (45mins) – Jim

5:00pm Full Body Bootcamp – Kim

6:00pm Core – Gloria

7:00pm Zumba - Brooke

7:30pm Aquajog (Lanes) – Tracy G

Thursday

6:00am Tone and Sculpt (ON) – Lee

9:00am Aquajog (Lanes) – Tracy R

9:30am Strong Seniors Variety – Karen GV

10:15am Aquabics (Shallow, 45mins) – Collette

12:15pm Step + Conditioning (45mins) – Trish

5:00pm Kettlebell – Gloria

5:00pm Hatha Yoga (SASK – 1.5h) – Maureen

6:00pm TRX Advanced – Britt

7:30pm Zumba - Susie

Friday

9:00am Strong Seniors – Sarah

9:00am Aquabics (Deep) – Tracy G

10:15am Aqua Zumba (Shallow, 45mins) – Susie

10:15am Gentle Yoga (ON, 45mins) - Kelly

5:00pm Spin Bootcamp – Susan

6:00pm HIIT (45mins) - Tim

6:45pm Zumba Step – Share/Susie

Saturday

9:00am Hatha Yoga (SASK, 1.5h) – Maureen

Sunday

9:00am Aquajog (Lanes) – Tracy R

10:00am Spin – Susan

11:00am Full Body Strength + HIIT – Britt