



Canada Games Complex Drop In Schedule

SPR 1 - Mar 18 2019 to Apr 21 2019 - SPR 1



Monday	Tues	Wed	Thurs	Fri	Sat
Spin 6:30 AM Bryan	Morning Bootcamp 6AM (ON) Lee	BoxFit 6AM (QUE) Lee	Morning Bootcamp 6AM (QUE) Lee		Yoga for Everyone 9-10:30AM Maureen (SASK)
Total Body Benderball 9AM (QUE) Candace	Spin Circuit 6:30 AM Karen M			Strong Seniors 9AM (QUE) Sarah K	
Yin/Yang Yoga 9AM (ON) *NEW Diane	Strong Seniors 9AM (QUE) Karen GV	Step Skip Sculpt 9AM (QUE) Sarah K	Strong Sen. Var 9AM (QUE) Karen GV	Aquabics (Deep) 9AM Tracy G	
Aquabics (Shallow) 9AM Jesse C	Aquabics 9AM Tracy R	Yoga 10:10AM Holly (ON)	Aquabics 9AM Tracy R	AquaZumba 10:15AM (45m) Susie	
Aqua Energizer A 10:15AM Jesse C	Mat Pilates *NEW 11:30 AM (ON) Diane	Aqua Energizer A 10:15AM Tracy G	Yoga 10:10AM (ON) Jan	Muscle Conditioning 12:15PM (QUE) Concetta (45m)	 Sun
Muscle Conditioning 12:15PM (QUE) Concetta (45m)	Aquabics (Shallow) 10:15AM (45m) Collette	Step Circuit 12:15PM (QUE) Trish (45m)	Aquabics (Shallow) 10:15AM (45m) Collette	Spin Bootcamp 5:30pm Jen B	Aquajog 9AM Tracy R
Senior Spin 1PM (QUE) Jim (45m)		Senior Spin 1:15PM (45m) Jim	Yoga 12:15PM (ON) Holly (45m)		Spin 10AM Bryan
Core & More 2PM (QUE) Karen GV	Sit & Be Fit 1:15PM (QUE 45m) Elaine	Bootcamp 5PM (QUE) Susan T	Yoga (SASK) 5 -6:30 PM Maureen	Yoga Conditioning 6:30-7:30PM (ON) Holly	KettleBell 11AM (QUE) Brent
Total Interval Movement 5PM (QUE) Tim	Yoga (SASK) 5- 6:30 PM Maureen	Athletic Spin 6:05 PM Nancy	HIIT 5:15PM (QUE) Gloria		HIIT* (QUE) 12PM (45m) Brittany
KettleBell Advanced* 6:15PM (QUE) Brittany (45m)	Ultimate Core 5:30PM (QUE) Brittany	Core & More 7PM (QUE) Brittany	TRX- Advanced* 6:30PM (QUE) Brittany		
Spin 7PM Susan T	Zumba 7PM (QUE) Susie	Aquajog 7:30 PM Tracy G	Zumba 7:30PM (QUE) Allison	No classes Apr 19 - CGC Closed No classes Apr 21 - CGC 12-5pm	
Aquajog 7:30 PM Tracy R		KettleBell 8PM (QUE) Brent			
Zumba Toning 8PM (QUE) Share					

All classes are 1h unless otherwise listed

* = High Intensity

It is recommended to always register for classes

Bring your own mats for yoga

v1. 11mar19