



Drop-in Fitness Schedules

For ages 13+ years

Please arrive early to class to avoid disappointment, space is limited and admission to class may not be granted after the scheduled start time. **Schedules are subject to change without notice.** Updated Jul 12

Gibsons & Area Community Centre						
Effective Jul 2 to Sep 1. No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed Aug 5 & Sep 2</i>						
	6:30 - 7:15 am Spin Bonnie <i>Last class Jul 30</i>					
	7:45 - 8:30 am Core Bonnie <i>Last class Jul 30</i>	8:30 - 9:30 am Spin & Stretch Bonnie <i>Last class Jul 31</i>				
		9:00 - 9:45 am Express Fitness Jacquie				

Class Descriptions:

Core: Wake up your postural and inner muscles needed for great posture and a strong back while developing overall core strength. Core Classes strengthens everything from your shoulders to your hips making you stronger in all you do. In addition, strengthening your core can help reduce back pain. It's quick and challenging in a fun group environment. Instructions for overall conditioning, proper technique and posture will be given. Each class is supported with great music to push you through a variety of exercises.

Express Fitness: For all levels, this total body workout includes cardio and muscle conditioning as well as stretching and relaxation. Progressions and healthful lifestyle information are included and the focus is on having fun! Instructor: Jacquie Allan, MA, "Recreation Phonologist!".

Spin: Spin classes provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of drills to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Spin & Stretch: This class combines the cardio workout of spin with a deep stretching session. Expect 30-45 minutes of spin including a warm-up, cardio challenge, and cool down. The remainder of the class will involve a deep cool-down stretch.

Interested in instructing Fitness programs for the SCRD? Contact Khoya Craig at Khoya.Craig@scrd.ca or for more information visit scrd.ca/recreation-instructors/

Admission to Fitness:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**