



# 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 Jun 18

## Gibsons & Area Community Centre

Effective April 1 to Jul 1. No classes on statutory holidays.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30 - 7:15 am <b>Spin</b> Bonnie		6:30 - 7:15 am <b>Spin</b> Bonnie			
	8:00 - 8:45 am <b>Core</b> Bonnie		7:45 - 8:45 am <b>Spin+</b> Bonnie			
8:45 - 9:45 am <b>Spin &amp; Strength</b> Bonnie		8:45 - 9:45 am <b>Spin &amp; Strength</b> Bonnie	8:45 - 9:20 am <b>Mix It Up</b> Susan			
		9:00 - 9:45 am <b>Express Fitness</b> Jacquie	9:30 - 10:15 am <b>Fusion Mat</b> Susan			
	6:15 - 7:05 pm <b>Spin with Cyn</b> Cynthia <i>Last class Jun 18</i>					

## Gibsons & Area Community Centre

Effective Jul 2 to Sep 1. No classes on statutory holidays.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed Jul 1, Aug 5 &amp; Sep 2</i>	6:30 - 7:15 am <b>Spin</b> Bonnie <i>Last class Jul 30</i>					
	7:45 - 8:30 am <b>Core</b> Bonnie <i>Last class Jul 30</i>	8:30 - 9:30 am <b>Spin &amp; Stretch</b> Bonnie <i>Last class Jul 31</i>				
		9:00 - 9:45 am <b>Express Fitness</b> Jacquie				
	6:15 - 7:05 pm <b>Spin with Cyn</b> Cynthia					

Admission to Fitness:

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



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### 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!".

**Fusion Mat:** This 45-minute class combines pilates, yoga, core stability, stretching, and visual meditation to create a low-impact, full-body workout. Put your body to work by slowing down and becoming more aware of the nuances that aid in connecting to your capabilities for movement and strength.

**Mix It Up** - Designed with the idea of offering something different each week. Classes will vary to include cardio, resistance training, and endurance and agility, such as circuits, step, and HIIT training. Stretching and mat & core work will be incorporated as well. This fun and energizing class will provide you the variety you're looking for!

**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+:** This spin class combines power and speed with all the benefits of an interval workout, plus bonus core and stretching segments! The first 30 minutes of class is spent on the bike while the second half of class is spent off the bike, with 15 minutes each of core work and a stretching cool-down.

**Spin & Strength:** Combine the cardio of spin with the benefits of strength training in this class. Starting off with spin including a warm-up, cardio challenge, and cool down. Layer in some strength training and finish off with a thorough stretch.

**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.

**Spin with Cyn:** 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.

Interested in instructing Fitness programs for the SCRD? Contact Khoya Craig at [Khoya.Craig@scrd.ca](mailto:Khoya.Craig@scrd.ca) or for more information visit [scrd.ca/recreation-instructors/](http://scrd.ca/recreation-instructors/)

### Admission to Fitness:

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Sunshine Coast Regional District Recreation: [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

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