



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 19

Pender Harbour Aquatic & Fitness Facility						
Effective to June 30. No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			8:45 – 9:45am Mix It Up Amanda			
	10:30 - 11:30 am Land Meets Water Gaye		10:30 - 11:30 am Land Meets Water Gaye			

Pender Harbour Aquatic & Fitness Facility - The facility will be CLOSED between July 27 and September 2, re-opening on September 3. https://www.scrd.ca/pender-pool/						
Effective July 1 to Jul 25. No classes on statutory holidays.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			8:45 – 9:45am Mix It Up Amanda <i>Last class Jul 25</i>			
	*10:00 - 11:00 am Land Meets Water Gaye <i>*New Time</i> <i>Last class Jul 23</i>		*10:00 - 11:00 am Land Meets Water Gaye <i>*New Time</i> <i>Last class Jul 25</i>			

Admission to Fitness:

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



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.**

Class Descriptions:

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!

Older Adult Keep Fit: Land Meets Water: 30 minutes of mild stretching, flexibility, range of motion, balance, postural and muscular exercises are performed on land (on mats) with music followed by 30 minutes of exercise in water with music. Low impact movement with endurance, strength, cardiovascular and flexibility components. An ideal class for older adults.

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**

Sunshine Coast Regional District Recreation: www.scrd.ca/recreation

604-885-6801