



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.** Last updated Jun 29

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 & 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				
	6:15 - 7:05 pm Spin with Cyn Cynthia					

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
<i>Closed July 1</i>						
			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 Last class Jul 23</i>		*10:00 - 11:00 am Land Meets Water Gaye <i>*New Time Last class Jul 25</i>			

See below for Sechelt Pool schedule for July 2 – September 1.

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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Sechelt Aquatic Centre						
Effective July 2 to Sep 1. No classes on statutory holidays.						
Mon <i>Closed Jul 1, Aug 5 & Sep 2</i>	Tue	Wed	Thu	Fri	Sat	Sun
	6:15 - 7:15 am Spin & Strength Katherine <i>Last class Jul 30</i>		6:15 - 7:15 am Spin & Strength Katherine <i>Last class Jul 25</i>			
9:00 - 9:45 am Mix It Up Susan <i>No class July 1 Last class Jul 29</i>		9:00 - 10:00 am Cardio Fitness Susan <i>Last class Jul 31</i>				
10:15 - 11:00 am Core Johanna <i>No classes July 1, Aug 5 & Sep 2</i>	10:30 - 11:30 am The Works! Lisa	10:00 - 11:00 am Fusion Mat Susan <i>Last class Jul 31</i>	10:15 - 11:00 am Core Johanna			
			11:15 - 12:00 pm Supportive Stretching Lisa			

Class Descriptions:

Cardio Fitness: Get your heart pumping and have fun as you move your body to great mainstream music in this 45-minute, cardio-focused class.

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: Jacque 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!

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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.

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 & 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.

Supportive Stretching: Gentle movement and stretching designed to encourage joint function and realignment. These supported exercises are safe for people recovering and rehabbing from injury. Come experience core alignment with Lisa, a well studied Physical Therapist and Fitness Instructor.

The Works! A little Hi/Lo, a little Cardio Kickboxing, and a whole lot of fun! This class is a full body workout incorporating these two styles and finishes with abdominal exercises and stretching.

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/

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