

## DROP-IN CLASSES

**EARLY MORNING MUSCLE** Are you looking for a quick, fun, strength focused workout you can squeeze in before work? Join our instructor in the gym to learn how to use the equipment properly and effectively for an all around great start to your day!

**BODY BLAST** This full body workout includes a mix of cardio and resistance training with a focus on muscular endurance. Very adaptable exercises make this class appropriate for diverse fitness levels, including moms with strollers or expectant mothers.

**SUN-RIDE SPIN** Wake up your Friday with an easy Spin class that gets you primed and ready for the weekend! Participants of all abilities welcome to join in on the sunrise ride!

**TONE & TORCH** A short, sweet, get-it-done-for-the-day work out that pushes you to your fitness limits. This is a quick, full-body, demanding and effective class for anyone with limited time who wants to build their cardiovascular endurance.

**BARS & BELLS** This strength-based class focusses on the use of two classic pieces of equipment- barbells and kettlebells! Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Fri-YAY each week!  
\*Baby/Toddler Friendly

**SPIN** The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity all while remaining part of the team spirit. The awesome music in this class will keep you energized and pumped!

**STRENGTH IN NUMBERS** Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength and endurance, plus Strength in Numbers is perfect for increasing range of motion in joints.

**ZUMBA®** Are you a looking for a fun total body workout? This class offers cardio, muscle conditioning and flexibility, boosted energy and a serious dose of awesome each time you leave the class! So, come see why Zumba fitness classes are often called fitness in disguise!

**SIT TO BE FIT** A full body workout that focuses on functional movements, all while staying seated! This entry-level class will engage your core, lower body, and upper body in creative ways that improve physical fitness and reduce strain!

## PRE-REGISTER CLASSES

**BOOTCAMP** Prepare to get a fun, full body workout with a mix of cardio and resistance training. This class has an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all levels. \*Baby/Toddler Friendly

**SERIOUS SWEAT** Small-group training including a wide variety of fitness modalities designed to rev your heart rate and get you sweating! Each day will be a different workout, all with the focus of keeping things fresh and exciting and increasing weight loss.

**STRICTLY STRENGTH** Prepare to get some sweat flowing as you learn to use Kettlebells, Rowing Machines, Medicine Balls, and more in this fast paced class. Perfect your lifting techniques, increase your strength, and condition your cardiovascular system! For all levels.


**SPIN +** Come in for a ride with a little extra! Expect hills, drills, and sprints during the first part of class, then round off your workout with some off-bike exercises. We'll challenge your entire body with a blend of off-bike resistance training PLUS on-bike cardio training.

**DUMBBELL FIT** This is a full-body, 60-minute dumbbell class that will sculpt and strengthen your entire body! Challenge all of your major muscle groups while you squat, press, lift, and curl in this exciting and dynamic fitness experience!

**CARDIO KICKBOXING** Come for a 60-minute total knock out head to toe workout! Learn how to punch, kick, knee and elbow your way through your cardio. Kick start 2019 right by getting a super sweat on and having fun while doing it!



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**FEBRUARY 2019**

FITNESS & RECREATION  
Centennial Centre

**Group FITNESS CLASSES**

FITNESS & RECREATION



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