

2022 Winter Fitness Drop-In Class Schedule

January 3 – March 31 (No classes February 21)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua HIIT 8:00 – 8:45am Amanda D		Spin-Indoor 5:45 – 6:45am Trisha			
Spin & Strength-Indoor 8:00 – 9:00am Derrick	Warm Water HIIT for Older Adults 9:00 – 10:00am Amanda D	Warm Water Workout for Older Adults 9:00 – 10:00am Michelle	Warm Water Workout for Older Adults 9:00 – 10:00am Emma	Warm Water Workout for Older Adults 9:00 – 10:00am Lisa	Warm Water HIIT for Older Adults 9:00 – 10:00am Hailey	Flow-Indoor 8:15 – 9:15am Holley
Spin-Indoor 9:30 – 10:30am Derrick	Power Step-Indoor 9:00 – 10:00am Michelle	Pure Strength-Indoor/Virtual 9:00 – 10:00am Trisha	Body Blast-Indoor 9:00 – 10:00am Juliet	Pure Strength-Indoor/Virtual 9:00 – 10:00am Trisha	Groov'in-Indoor/Virtual 9:00 – 10:00am Amanda D	Athletic Circuit-Indoor 9:30 – 10:30am Gina
Zumba-Indoor 9:30 – 10:30 Michelle	Spin-Indoor 9:30 – 10:30am Trisha	Bootcamp-Indoor 9:15 – 10:15am Derrick	Forever Groovin' for Older Adults-Indoor/Virtual 9:15 – 10:15am Amanda D	Groov'in-Indoor 9:30 – 10:30am Debbie	Turbo Tabata-Indoor/Virtual 9:30 – 10:30am Gina	Power Step-Indoor/Virtual 9:30 – 10:30am Abena / Michelle
Athletic Circuit-Indoor 10:30 – 11:30am Hailey	Flow-Indoor/Virtual 10:30 – 11:30am Maelynn	Forever Strong for Older Adults-Indoor/Virtual 10:45 – 11:45am Derrick	Spin-Indoor 9:30 – 10:30am Derrick	Forever Fit for Older Adults-Indoor/Virtual 10:30 – 11:30am Maelynn	Loaded MVMNT-Indoor 9:45 – 10:45am Jay	Spin-Indoor 10:30 – 11:30am Trisha
	Stroller FITT – Indoor 10:45 - 11:45am Megan	Loaded MVMNT-Indoor 12:00 – 12:45pm Maelynn	Flow- Indoor/Virtual 10:30 – 11:30am Katherine	360 Core-Indoor/Virtual 12:15 - 12:45pm Megan	Flow- Indoor/Virtual 10:30 – 11:30am Debbie	
	Rock Bottom-Indoor/Virtual 12:15 – 12:45pm Jasmine	Core + More-Indoor 5:15 – 6:15pm Gina	Iron Reps-Indoor/Virtual 12:15 – 12:45pm Megan	Chisel'd-Indoor 5:45 – 6:45pm Derrick		
	Crossfire Bootcamp-Indoor/Virtual 5:45 – 6:45pm Gina	Power Step-Indoor/Virtual 5:30 – 6:30pm Ron	Meta Muscle-Indoor/Virtual 5:45 – 6:45pm Gina	Spin-Indoor 6:15 – 7:00pm Hailey		
	Spin & Strength-Indoor 6:00 – 7:00pm Abena	Zumba-Indoor 5:45 – 6:45pm Susanne	Spin & Strength-Indoor 7:00 – 8:00pm Trisha	Flow-Indoor 7:00 – 8:00pm Cindy		
	Flow-Indoor 7:00 – 8:00pm Hailey	Chisel'd-Indoor 7:00 – 8:00pm Abena	Mobility Flow-Indoor 7:15 – 8:15pm Jay			

Reserve Your spot today in our drop-in programs
 Up to 7 days in advance by booking online or calling us at (780) 418-6088
 *Wristbands are required to attend all indoor drop-in programs

Class Descriptions

360 Core-Indoor/Virtual: This 30-minute core blast will work to strengthen and improve the function of the abdominals, lower back and surrounding trunk muscles. Leaving you with a solid mid-section that performs as good as it looks! Location: Mind Body Studio and simulcast over Zoom

Aqua HIIT: A fun and energizing workout that will have your heart pumping. Work both cardiovascular and muscular strength in this full body workout. All fitness levels welcome. Location: Landrex Water Play Centre.

Athletic Circuit-Indoor: Powerful bursts of cardiovascular drills and resistance drills that incorporate a variety of equipment, rowers, track and stairs. A full body workout sure to make sweat! Challenge yourself in this circuit format class where all fitness levels are welcome. Location: Christenson Corner 4

Body Blast-Indoor: This class incorporates cardio segments, resistance training, and core work using diverse fitness equipment to provide variety to your workouts. Get your heart pumping in this energy filled interval style class This fun full body class will offer modifications for all fitness levels and abilities to enjoy. Location: Tailor Made Insurance Fitness Studio.

Bootcamp-Indoor: This class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to improve your endurance and general strength. Come and enjoy the comraderie, work hard and have fun. Location: Bright Dental North Fieldhouse

Chisel'd-Indoor: This muscle conditioning class will sculpt and shape your muscles. The instructor will get you motivated to work your muscle groups, blast your body fat and sculpt lean muscle while moving to music. Location: Tailor Made Insurance Fitness Studio

Core Plus More-Indoor:Work to strengthen and improve the function of the abdominals, lower back and surrounding trunk muscles. Some full body movement exercises will be added in to increase core stability and strength. You will leave class with a solid mid-section that performs as good as it looks Thursday's class will have the addition of body weight cardio. Location: Tuesdays, Multipurpose Room; Thursdays, Tailor Made Insurance Fitness Studio

Crossfire Bootcamp-Indoor/Virtual This is an exhilarating mixed martial art athletic training style class.Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. This classprovides all you need to improve your cardiovascular strength and endurance. Crossfire with a flare of bootcamp! Multilevel instruction is provided for all to enjoy. What are you waiting for? See you in Crossfire bootcamp. Location: Gym Court 3 and simulcast over Zoom.

Flow-Indoor: This class incorporates yoga and/or fitness movements to balance both mind and body. This is a gentle practice and is designed for drop-in students. Leave this class feeling lighter, less stressed and more balanced. If you wish to progress further in your yoga practice, please refer to our registered yoga classes. Location: Monday/Thursday evening Mind Body Studio

Flow-Indoor/Virtual: This class incorporates yoga and/or fitness movements to balance both mind and body. This is a gentle practice and is designed for drop-in students. Leave this class feeling lighter, less stressed and more balanced. If you wish to progress further in your yoga practice, please refer to our registered yoga classes. Location: Tailor Made Fitness Studio and simulcast over Zoom.

Forever Fit for Older Adults-Indoor/Virtual: This class will work your heart and muscles by focusing on functional fitness, balance, stability, and muscular strength endurance. Location: Bright Dental North Fieldhouse and simulcast over Zoom.

Forever Groovin' for Older Adults-Indoor/Virtual: Simple moves, great music and gentle exercise make up this fun and energizing class that will safely work your heart and muscles. Location: Bright Dental North Fieldhouse and simulcast over Zoom.

Forever Strong for Older Adults-Indoor/Virtual: Improve balance, coordination and bone density in this fun strength class. This program is geared towards making everyday activities easier! Location: Bright Dental North Fieldhouse and simulcast over Zoom.

Groov'in-Indoor/Virtual: This dance/fitness class will use choreography from a variety of different dance styles (Hip Hop, Latin, Jazz, Bollywood, African, Contemporary, Disco and more). Movement through dance is a great way to get active and have fun. Location: Tudor Vet South Fieldhouse and simulcast over Zoom.

Iron Reps-Indoor/Virtual: Maximize your 30-minute lunch hour break with different kinds of strength exercises providing a full body workout. Location: Tailor Made Insurance Fitness Studio

Loaded MVMNT-Indoor- Join us for this full body strength-based program. All fitness levels are welcome. Location: Tuesdays: Christensen Development Track Corner 3 and Fridays: Christenson Development Track Corner 4.

Meta Muscle-Indoor/Virtual: This class utilizes a variety of resistance training equipment (hand weights,body bars, tubing, plus more) to challenge your strength and endurance. Short hits of metabolic drills round out this fast-paced hour. Location: Gym Court 3 and simulcast over Zoom

Mobility Flow-Indoor: This class is perfect for those looking to improve their range of motion and have a better functioning and more injury resistant body. We have strength training for our muscles, why not strength training for our joints? Small equipment will supplement some of the drills that are followed up with stretching series. All fitness levels are welcome. Location: Tailor Made Insurance Fitness Studio

Power Step-Indoor: Ramp up your cardio fitness by using a step and small equipment! This class will make you sweat through fun choreography, intervals, and strength training. Location: Tailor Made Insurance Fitness Studio

Power Step-Indoor/Virtual: Ramp up your cardio fitness by using a step and small equipment! This class will make you sweat through fun choreography, intervals, and strength training. Location: Gym Court 3 and simulcast over Zoom.

Pure Strength-Indoor/Virtual: This muscle conditioning class will sculpt and shape your body with exercises that use your own body weight, barbells and other weights. :Location: Tuesday: Gym Court 3 Thursday: Bright Dental North Fieldhouse and simulcast over Zoom.

Rock Bottom-Indoor/Virtual: Join a workout that challenges your lower body and abdominal muscles. Targeted moves will work those muscles that you cannot see but will certainly be able to feel! Location: Mind Body Studio and simulcast over Zoom

Spin-Indoor: This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace or keep up with the instructor. Location: Eyeland Optometry Track Corner 2

Spin & Strength-Indoor: This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace or keep up with the instructor. Location: Eyeland Optometry Track Corner 2

Stroller FITT-Indoor: Frequency, Intensity, Time & Type are all variables that can be modified to suit your postpartum fitness journey. Each drop-in class will provide a full body workout that includes, cardio, muscular endurance or strength, postnatal specific core and flexibility. Moms should be a minimum of 6 weeks postpartum with verbal medical clearance to resume physical activity. For safety reasons, babies and tots should remain in their stroller for the duration of the class until the stretching portion. All fitness levels welcome. Location: Bright Dental North Fieldhouse

Turbo Tabata-Indoor/Virtual: Tabata is a high-intensity training regimen that produces remarkable results.This class consists of working hard for 20 seconds, followed by 10 seconds of rest, repeated 8 timesfor a total of four minutes.We will motivateyou along the way to do your best!Multi level instruction willbe provided so everyone can join in. Once you have completed the Tabata rounds you will be rewarded with some core and flexibility work. Location: Bright Dental North Fieldhouse and simulcast over Zoom.

Warm Water HIIT for Older Adults: An instructor led program that takes place in our warm, shallow-water pool. This class is designed for those looking to increase their mobility and stamina. Cardio intervals mixed with strength endurance provides a full body workout. This class is appropriate to people with arthritis. No swimming skills required! Location: Landrex Water Play Centre

Warm Water Workout for Older Adults: An instructor led program that takes place in our warm, shallow-water pool. This class is designed for those looking to increase their mobility and stamina. This class is appropriate to people with arthritis. No swimming skills required! Location: Landrex Water Play Centre

Zumba-Indoor: Mix it up with this non-stop cardio dance class! Combine fast and slow rhythms to tone and sculpt your body. Add some Latin flavor into the mix and you will leave this fun, high energy class feeling rejuvenated. Location: Tuesday-Tailor Made Insurance Fitness Studio; Sunday-Gym Court 3

Reserve your spot today for our indoor and indoor/virtual simulcast drop-in classes.

Up to 7 days in advance online or by calling us at (780) 418-6088.

Wristbands are required to attend all indoor drop-in fitness programs. All activities and classes are subject to change. Please download the Servus Place App for the most up-to-date schedule.

Cost: drop-in admission or membership required. Fitness schedule is subject to change. Classes are subject to change due to instructor and space availability. For further information, please call Guest Services at 780.418.6088 or check www.servusplace.ca for updates.

Fitness drop-in classes are open to participants 16 years of age and older. Youth 12 – 15 years of age will also be permitted upon completion of the Smart Start for Teens orientation program. Please visit servusplace.ca to see all fitness services and programs offered.