

# 2021 Fall Fitness Drop-In Class Schedule

October 6 – November 30 (no classes November 11)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aqua HIIT</b> 8:00 – 8:45am Amanda D		<b>Spin-Indoor</b> 5:45 – 6:45am Trisha			
<b>Spin &amp; Strength-Indoor</b> 8:00 – 9:00am Derrick	<b>Warm Water HIIT for Older Adults</b> 9:00 – 10:00am Amanda D	<b>Warm Water HIIT for Older Adults</b> 9:00 – 10:00am Stacy	<b>Warm Water Workout for Older Adults</b> 9:00 – 10:00am Megan	<b>Warm Water Workout for Older Adults</b> 9:00 – 10:00am Lisa	<b>Warm Water HIIT for Older Adults</b> 9:00 – 10:00am Hailey	<b>Flow-Indoor</b> 8:15 – 9:15am Holley
<b>Spin-Indoor</b> 9:30 – 10:30am Derrick	<b>Power Step-Indoor</b> 9:00 – 10:00am Michelle	<b>Pure Strength-Indoor/Virtual</b> 9:00 – 10:00am Trisha	<b>Fast Fit &amp; Fab-Indoor</b> 9:00 – 10:00am Stacy	<b>Pure Strength-Indoor/Virtual</b> 9:00 – 10:00am Trisha	<b>Groov'in-Indoor/Virtual</b> 9:00 – 10:00am Amanda D	<b>Athletic Circuit-Indoor</b> 9:30 – 10:30am Gina
<b>Zumba-Indoor</b> 9:30 – 10:30 Michelle	<b>Spin-Indoor</b> 9:30 – 10:30am Stacy	<b>Bootcamp-Indoor</b> 9:15 – 10:15am Derrick	<b>Forever Groovin' for Older Adults-Indoor/Virtual</b> 9:15 – 10:15am Amanda D	<b>Groov'in-Indoor</b> 9:30 – 10:30am Debbie <b>(Starts Oct 21)</b>	<b>Turbo Tabata-Indoor/Virtual</b> 9:30 – 10:30am Gina	<b>Power Step-Indoor/Virtual</b> 9:30 – 10:30am Abena / Michelle
<b>Athletic Circuit-Indoor</b> 10:30 – 11:30am Hailey	<b>Flow-Indoor/Virtual</b> 10:30 – 11:30am Maelynn	<b>Forever Strong for Older Adults-Indoor/Virtual</b> 10:45 – 11:45am Derrick	<b>Spin-Indoor</b> 9:30 – 10:30am Derrick	<b>Forever Fit for Older Adults-Indoor/Virtual</b> 10:30 – 11:30am Maelynn	<b>Loaded MVMNT-Indoor</b> 9:45 – 10:45am Jay	<b>Spin-Indoor</b> 10:30 – 11:30am Trisha
	<b>Rock Bottom</b> 12:15 – 12:45pm Jasmine	<b>Spin-Indoor</b> 12:00 – 12:45pm Maelynn	<b>Flow-Indoor/Virtual</b> 10:30 – 11:30am Katherine	<b>360 Core</b> 12:15 - 12:45pm Megan	<b>Flow-Indoor/Virtual</b> 10:30 – 11:30am Debbie	
		<b>Core + More-Indoor</b> 5:15 – 6:15pm Gina	<b>Iron Reps-Indoor/Virtual</b> 12:15 – 12:45pm Megan	<b>Chisel'd-Indoor</b> 5:45 – 6:45pm Derrick		
	<b>Crossfire Bootcamp-Indoor/Virtual</b> 5:45 – 6:45pm Gina	<b>Power Step-Indoor/Virtual</b> 5:30 – 6:30pm Ron	<b>Meta Muscle-Indoor/Virtual</b> 5:45 – 6:45pm Gina	<b>Spin-Indoor</b> 7:00 – 8:00pm Hailey		
	<b>Spin &amp; Strength-Indoor</b> 6:00 – 7:00pm Abena	<b>Zumba-Indoor</b> 5:45 – 6:45pm Susanne	<b>Spin &amp; Strength-Indoor</b> 7:00 – 8:00pm Trisha	<b>Core + More-Indoor</b> 7:15 – 8:15pm Derrick		
	<b>Flow-Indoor</b> 7:00 – 8:00pm Hailey	<b>Chisel'd-Indoor/Virtual</b> 7:00 – 8:00pm Abena	<b>Mobility Flow-Indoor</b> 7:15 – 8:15pm Jay			

## **Class Descriptions**

**360 Core-Indoor:** 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: Tailor Made Insurance Fitness Studio

**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:** 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

**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 comradery, 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

**Chisel'd Indoor/Virtual:** 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 and simulcast over Zoom

**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! 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 class provides 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.

**Fast Fit & Fab-Indoor:** This class will give you a full body workout that will elevate your heart rate through weight exercises and cardio drills. Get Fit and Fabulous - Fast! Location: Tailor Made Insurance Fitness Studio

**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 evening Mind Body Studio; Saturday the Boardroom

**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: 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:** 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-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: Tailor Made Insurance Fitness Studio

**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

**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 times for a total of four minutes. We will motivate you along the way to do your best! Multi level instruction will be 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.***

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](http://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](http://servusplace.ca) to see all fitness services and programs offered.