

# 2019 Winter Drop-In Fitness Class Schedule

January 6 – March 31  
(No Drop-In Classes February 18)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Power Sculpt</b> 6:00 – 6:45am Andrea			
	<b>Aqua HIIT</b> 8:00 - 8:45am Amanda K	<b>Myofascial Rx</b> 8:00 – 8:45am Liane	<b>Warm Water Workout for Older Adults</b> 9:00 – 10:00am Lisa			
<b>Spin &amp; Stairs*</b> 8:00 - 9:00am Derrick	<b>Warm Water HIIT for Older Adults</b> 9:00 – 10:00am Amanda K	<b>Pure Strength</b> 9:15 – 10:15am Trisha	<b>Spark</b> 9:15 – 10:15am Andrea <b>Forever Groovin' for Older Adults</b> 9:15 - 10:15am Amanda K	<b>Pure Strength</b> 9:15 – 10:15am Trisha	<b>Splash</b> 9:00 – 10:00am Stacy	
<b>Bootcamp</b> 9:30 – 10:30am Kat/Dot	<b>HIIT the Step</b> 9:15 – 10:15am Hailey	<b>Interval Circuit</b> 9:30 – 10:30am Peter	<b>Spin*</b> 9:30 – 10:30am Derrick	<b>Spin*</b> 9:30 – 10:30am Jasmine	<b>Groov'in</b> 9:15 – 10:15am Amanda K	<b>Flow*</b> 8:15 – 9:15am Andrea
<b>Zumba</b> 9:30 - 10:30 Larissa	<b>Spin*</b> 9:30 – 10:30am Conrad	<b>Forever Strong for Older Adults</b> 10:45 – 11:45am Derrick	<b>Flow</b> 10:30 – 11:30am Katherine	<b>Forever Fit for Older Adults</b> 10:30 – 11:30am Maelynn	<b>Turbo Tabata</b> 9:30 – 10:30am Gina	<b>Power Step</b> 9:30 – 10:30am Abena/Dot
<b>Strength Wave</b> 10:30 - 11:30am Hailey	<b>Flow</b> 10:30 – 11:30am Maelynn	<b>Spin*</b> 12:00 – 12:45pm Maelynn	<b>Drop in Stroller Bootcamp</b> 10:45 - 11:45am Stacy	<b>Myofascial Rx</b> 12:15 – 1:00pm Gabby	<b>Bosu Core Strength</b> 10:45-11:30am Gina	<b>Spin*</b> 10:30 – 11:30am Trisha
<b>Spin*</b> 10:45 - 11:45am Derrick	<b>Rock Bottom</b> 12:15 – 12:45pm Peter	<b>Flow</b> 1:00-2:00pm Donna	<b>Barre Fusion</b> 12:15 – 12:45pm Stacy	<b>Chisel'd*</b> 5:45-6:45pm Conrad		
	<b>Crossfire Bootcamp</b> 5:45 – 6:45pm Gina	<b>Power Step</b> 5:30 – 6:30pm Ron	<b>Zumba</b> 5:45 - 6:45pm Susanne	<b>Spin*</b> 6:00 – 7:00pm Kat	<b>Zumba</b> 5:30 – 6:30pm Shumi	
	<b>Spin*</b> 6:00 – 7:00pm Andrea	<b>Chisel'd*</b> 7:00 – 8:00pm Conrad	<b>Meta Muscle</b> 5:45 – 6:45pm Gina	<b>Resilience</b> 7:00 - 8:00pm Gina		
	<b>Flow</b> 7:15 - 8:15pm Kat		<b>Myofascial Rx</b> 7:00 – 8:00pm Hailey			
			<b>Spin &amp; Stairs*</b> 7:00 – 8:00pm Trisha			

**Drop-in Fitness Classes** are a great alternative for when you can't commit to a team or regular schedule. It's a great way to stay fit, connect with others, and have fun!

## Class Descriptions

**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](#).

**Barre Fusion:** A barre class with a twist. Use bender balls, gliders, exercise bands to provide a full body workout. Location: Tailor Made Insurance Fitness Studio

**Bootcamp-** this class is designed for maximum calorie burn in the 60 minutes. We want to get you **fit**, healthy, challenge your mind, challenge your body, and most importantly **MAKE FITNESS FUN!** Location: Gym Court 3

**Bosu Core Strength:** This is a multidimensional training class that integrates core, strength, balance, coordination and resistance training in a fun filled and challenging workout. Move your body like it was made to move! All fitness levels are welcome. Location: Tailor Made Insurance Fitness Studio

**Chisel'd\*:** 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. \*Please get a card from the Fitness and Wellness desk to reserve your spot in this class. Location: Tailor Made Insurance Fitness Studio

**Crossfire Bootcamp:** 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. The 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

**Flow\*:** 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. \*Please get a card from the Fitness and Wellness desk to reserve your spot in this class. Location: Tailor Made Insurance Fitness Studio; Monday pm: Multipurpose Room, Tuesday & Saturday: Mind Body Studio

**Forever Fit for Older Adults:** This class will focus on functional fitness, balance, stability, and muscular strength endurance. All in a comfortable social setting where you can meet new friends while working your heart and muscles. Location: Sarasota North Fieldhouse

**Forever Groovin' for Older Adults:** Simple moves, great music and gentle exercise. This class will focus on general fitness in a fun social setting. Come meet new friends while working your heart and muscles. Location: Sarasota North Fieldhouse

**Forever Strong for Older Adults:** Improve balance, coordination and bone density in this group strength class. This program is geared towards making everyday activities easier! Join us and have some fun in this friendly social setting. Location: Sarasota North Fieldhouse

**Groov'in:** This dance/fitness class will use choreography from a variety of different dance styles (Hip Hop, Latin, Jazz, Bollywood, African, Contemporary, Disco and more). Move to groove as dance is a great way to get active and have fun. Located in the Tailor Made Insurance Fitness Studio

**HIIT the Step:** The cardio is non-stop with both athletic and fun high intensity intervals with some abdominal work to finish. All fitness levels are welcome. Location: Tailor Made Insurance Fitness Studio

**Interval Circuit:** Circuit training combined with intervals in this boot camp type class. You'll be challenged but given options to succeed in strength/endurance and cardio training. Location: Sarasota North Fieldhouse

**Meta Muscle:** This class utilizes a variety of resistance training equipment (hand weights, body bars, tubing plus more) to challenge your strength and endurance. Inject short hits of metabolic drills round out this fast paced hour. Location: Gym Court 3

**Myofascial Rx:** Self Myofascial massage, myofascial stretches, and mobility will be covered. Take the time to recover and revitalize your body in this active regeneration class. Location: Tailor Made Insurance Fitness Studio

**Power Sculpt-** A 45 minute total body strength and endurance workout. The use of hand weights, barbells and resistance bands may be used for resistance and challenge. Location: Tailor Made Insurance Fitness Studio

**Power Step:** In power step ramp up your cardio fitness by using the step and small equipment. Be ready for some choreography, intervals and strength to round out this power step class. Music and fun that will make you sweat. Location: Gym Court 3.

**Pure Strength:** This muscle conditioning class will sculpt and shape your body. Work your muscle groups and sculpt lean muscle. Learn how to use everything from your own body, barbell and weights to achieve your results. Location: Tailor Made Insurance Fitness Studio

**Resilience:** HIIT, flip, grip, and tip. One hour of combating combinations of metabolic cardio with endurance and strength using TRX and resistance training, ending with bosu core strength. The ultimate calorie burning challenge for all fitness levels. Location: Tailor Made Insurance Fitness Studio

**Rock Bottom:** Join a workout that challenges your lower body and abdominal muscles – all those muscles that you cannot see but will certainly feel. After class, we will hate to see you leave but we will love to watch you go! Location: Tailor Made Insurance Fitness Studio

**Spark:** It takes only one spark to light a fire. Let Spark ignite your midweek workout! In this class participants will use a variety of equipment including TRX, bosu, ViPR, dumbbells, barbells, steps and gliders. The goals of the class are to increase cardiovascular endurance and increase muscular strength. Burn calories and feel amazing. All fitness levels welcome Location: Tailor Made Insurance Fitness Studio

**Spin\*:** Drop in and spin, work up a sweat and have some fun! 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. \*Please get a card from the Fitness and Wellness desk to reserve your spot in this class. Location: Christenson Track Corner 2

**Spin & Stairs\*:** Kick up your drop-in spin class with the addition of stair climbing! Another class geared to ramp up your strength, endurance and cardiovascular fitness. \*Please get a card from the Fitness and Wellness desk to reserve your spot in this class. Location: Christenson Track Corner 2

**Splash:** Splash your way into shape with an invigorating low-impact aquatic exercise. This program gives new meaning to the idea of a refreshing workout. Integrating dance with traditional aquatic fitness disciplines, this class blends it all together into workout that's cardio-conditioning and exhilarating. \*Location: [Landrex Water Play Centre](#)

**Strength Wave:** Strength Wave makes use of the rowing machines to provide bursts of high intensity intervals while functional strength stations are designed to sculpt the legs, core and arms. This truly unique workout is designed in such a way that it builds a sense of camaraderie and accountability that will push you to do your best. Location: Christenson Track Corner 4

**Stroller Bootcamp:** Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Women should be 6+ weeks postpartum (8+ weeks pending doctor approval for caesareans). All fitness levels are welcome. For safety reasons, mobile babies & tots should remain in their strollers. Location: Sarasota North Fieldhouse

**Turbo Tabata-** Tabata is a high-intensity training regimen that produces remarkable results. The workout consists of working hard for 20 seconds, followed by 10 seconds of rest, repeated 8 times for a total of four minutes. No worries- we'll motivate you to do your best! Multi level instruction provide so everyone can play. Once you have completed the tabata rounds you will be rewarded with some core and flexibility work. Location: Sarasota North Fieldhouse

**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:** 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'll leave this fun, high energy class feeling rejuvenated. Location: Tailor Made Insurance Studio

**Classes indicated in red with an asterisk (\*) space and equipment is limited therefore it is necessary to reserve your "spot" by picking up a card at the Fitness & Wellness desk 15 minutes prior to class.**

**Cost:** drop-in admission or membership required. Fitness schedule is subject to change. For further information please call the Fitness and Wellness Centre desk at 780.418.6053 or check [www.servusplace.ca](http://www.servusplace.ca) for updates.

**Fitness drop-in programs 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. *Programs are subject to change due to instructor and space availability.*

*Please see our Servus Place 2019 Winter Program Guide for all Fitness Services and Programs offered.*

### **Child-minding hours of operation:**

#### Regular Winter hours January 7- March 31

Monday – Friday	8:45am-2:15pm
Monday-Thursday evening	5:30-8:00pm
Saturday	8:00am-1:00pm
Sunday	9:00am-1:00pm

Closed February 18, 2019

Updated December 19, 2018