

July 2017

Drop in Fitness Schedule

Must be 15 years or older to participate in all fitness classes unless otherwise stated. For the safety & respect of all participants children are not permitted in class.

Please visit our Pembina PlayCare on the second floor for child supervision options.

	Time	Class	Location	Instructor
MON	6:00-7:00 am	Body Shaping	Evergreen Energy Room	Tanya
	9:00-10:30 am	Obstacle Course Training	Weyerhaeuser Concourse	Tanya
	9:15-10:15 am	Cycle Fit	Evergreen Energy Room	Josie
	10:30-11:30 am	BLT - Buns, Legs & Tum mies	Evergreen Energy Room	Josie
	10:30-11:45 pm	Yin Yoga	Finning Fitness Studio	Caroleen
	5:30-6:30 pm	Glutes & Core	Evergreen Energy Room	Justine
	6:45-7:45 pm	Kangoo Power	Evergreen Energy Room	Josie
	8:00-9:30 pm	Obstacle Course Training	Weyerhaeuser Concourse	Tanya
TUES	6:00-7:00 am	HIIT	Evergreen Energy Room	Leah
	9:15-10:15 am	All Levels Strength	Evergreen Energy Room	Josie
	9:15-10:15 am	Gentle Yoga	Finning Fitness Studio	Caroleen
	10:30-11:30 am	Bootcamp 360 on the Track	Track	Robin
	6:45-7:45 pm	Cycle Core	Spin Studio/EE Room	Josie
WED	6:00-7:00 am	Body Shaping	Evergreen Energy Room	Tanya
	9:00-10:30 am	Obstacle Course Training	Weyerhaeuser Concourse	Tanya
	9:15-10:15 am	Barre	Evergreen Energy Room	Josie
	10:30-11:30 am	Kangoo Power	Evergreen Energy Room	Josie
	5:30-6:30 pm	Cycle & TRX	Evergreen Energy Room	Michelle
	5:30-6:30 pm	Glutes & Core	Finning Fitness Studio	Justine
	6:45-7:45 pm	HIIT Challenge	Finning Fitness Studio	Justine
THURS	6:00-7:00 am	HIIT	Evergreen Energy Room	Leah
	9:00-10:30 am	Obstacle Course Endurance Training	Weyerhaeuser Concourse	Tanya
	9:15-10:15 am	All Levels Strength	Evergreen Energy Room	Josie
	9:15-10:15 am	Gentle Yoga	Finning Fitness Studio	Caroleen
	10:30-11:30 am	Outdoor Boot camp	Meet on Track	Josie
	5:30-6:30 pm	TRX Yoga	Evergreen Energy Room	Michelle
	6:45-7:45 pm	Gentle Yoga	Finning Fitness Studio	Caroleen
	6:45-7:45 pm	Cycle Core	Spin Studio/EE Room	Josie
8:00-9:30 pm	Obstacle Course Training	Weyerhaeuser Concourse	Tanya	
FRI	6:00-7:00 am	Cycle Core	Evergreen Energy Room	Leah
	6:00-7:00 am	YogaLana	Finning Fitness Studio	Lana
	9:15-10:15 am	Cycle Fit	Evergreen Energy Room	Josie
	10:30-11:30 am	Weights Please	Evergreen Energy Room	Lana
SAT	7:30-9:00 am	Athletic Conditioning	Evergreen Energy Room	Tanya/Leah
	11:15-12:45 pm	Restorative Yoga & Reflexology	Finning Fitness Studio	Caroleen
	1:15-2:15 pm	Beginner Fitness	Finning Fitness Studio	Caroleen
SUN	10:00-11:00 am	Cardio Strength Circuit	Evergreen Energy Room	Michelle
	11:45-1:15 pm	Sunday Flow Yoga	Finning Fitness Studio	Kerri

All Levels Strength: This class is designed to reach all levels in strength training with emphasis on form and instruction and with modifications for all levels.

Athletic Conditioning : This 1.5hr class is athletic training aimed at greater strength, power, speed, agility, coordination & balance using running, stairs, track, free weight & body weight!!

Barre: This total body conditioning class utilizes a mix of Ballet, Yoga, Pilates, using Bender Balls, Gliders, dyna bands and or small weights without the use of a traditional ballet barre. This class will help improve balance, core stability, and better body alignment, and also focus on the body's ability to lengthen against gravity. Great for all fitness levels

Beginner Fitness: Basic choreography for beginners to aerobic fitness.

B.L.T. Buns, Legs & Tummies: this class is designed to target and focus on that lower body & core. Be prepared to sweat your way to a stronger you! Utilizing a variety of equipment.

Body Shaping: Strength training using dumbbells. Working on strength, mobility, coordination, focusing on slow controlled movements.

Boot camp 360: Some days will be circuit training other days HIIT. This class will keep you guessing.

Cardio Strength Circuit: An intense workout alternating between cardio drills & strength training in a circuit format. This full body training to burn the calories.

Cycle 40 30 minutes of energetic cycling drills along with 30 minutes of Core Conditioning.

Cycle Fit: Exciting indoor cycling class that strengthens leg muscles, increases cardio & builds stamina.

Cycle & TRX: Cycling drills such as hill climbing & speed drills partnered with TRX body weight exercises.

Gentle Yoga: This class will restore balance by helping to strengthen your body, calm your mind, regain your focus and improve self- confidence.

Glutes & Core: This high energy motivating class will develop your glutes and core through multi joint and isolation exercises, ensuring your body is functional and strong.

H.I.I.T: High Intensity Interval Training

HIIT Challenge: Ideal for individuals who like to push themselves And make the most of their gym time. This work out will make you feel alive!

Kangoo Power: "Unleash your inner Tigger" this class gives you the best of everything...an amazing bouncy, trouncy, flouncy, pouncy, fun, fun, fun, fun, fun cardio workout without the impact. This class is done in Kangoo Jumps Rebound Boots and includes basic choreography, boot camp style intervals, and strength/core conditioning. You can't help but smile in this one.

Obstacle Course Training :This class was designed for the never ever - or the seasoned obstacle race enthusiast. This class will work on core development, coordination, agility, power, mobility and flexibility. Through use of obstacle race and strength and conditioning equipment, you will develop everyday strength of functional fitness movements and master the art of obstacle training. Movements used are PUSH, PULL, DRAG, CRAWL, CLIMB, and HOLD. Each class is 90 minutes as our OCR Coach explains in detail and practise of each skill is preformed before it is applied to the workout.

Outdoor Boot camp: Let's enjoy the fresh air. Combining functional resistance training with cardio intervals to torch calories while improving cardio and muscular endurance. This class is held outdoors so bring water , Always meet at the bottom of the Track stairs on the 2nd floor. If the weather is bad it will be held on the track.

Restorative Yoga: Restorative Yoga is a deeply relaxing style of yoga practice. In restorative the poses are held longer.

Sunday Flow Yoga: Start your day focused and aligned with your inner Let's get flowing, bending and twisting so we can move with ease through our day. Breath, body and mind are united for a full body strengthen, endurance and stretch. Class will end in a seated meditation, for a chance to center yourself so you can start your day focused. Modifications will be offered to make this practice accessible for all levels.

Total Body Fitness This class has it all! Karen will lead and motivate you through exercises designed to work the entire body. You will learn how to maximize your workout potential by maintaining proper form and body positioning. We will work on strengthening the cardiovascular system, toning up muscle groups while engaging the core, and working abs.

TRX Yoga: TRX Yoga is a fusion class combining TRX Suspension Training into your yoga practice. It will help increase your flexibility and tone your muscles. The TRX straps will assist you in yoga poses as well as make some traditional poses more challenging. There are different levels for each TRX Yoga pose, so you can choose the level that is right for you.

Weights Please!: Increase your metabolism, sculpt your body and realize your fitness potential by using weights.

Yin Yoga: Yin Yoga targets the connective tissues, such as the ligaments, bones, even the joints of the body that are normally are not exercised very much in a more active style of asana practice. Yin Yoga generally targets the hips, pelvis, and lower spine. This is a style of yoga that emphasizes internal heat, lengthening, and contracting muscles. Postures can be held from one to three minutes

Yoga: This class will restore balance by helping to strengthen your body, calm your mind, regain your focus and improve self- confidence.

YogaLana: This 6am sunrise yoga takes from a variety of yoga styles to energize you for the day to come. This class focuses on strengthening, lengthening, breathing, awareness and alignment. This mindful approach to your practice will elevate the benefits you receive from the different postures.