



eastlink
centre

FALL 2018

SEPT 1
TO DEC 21

DROP IN
FITNESS
SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN				
6:00-7:00 am	Strength Circuit Leah E.E	HIIT Leah E.E	Strength Circuit Leah E.E	HIIT Leah E.E	Tabata Leah E.E Intermediate Yoga Lana F.F.S						
7:30-9:00 am						Conditioning Leah E.E					
8:00-9:00 am	Essentrics Release Rebalance Restore Sherry F.F.S		Essentrics Release Rebalance Restore Sherry F.F.S								
8:30-9:30 am					Functional Fitness on the Track Sherry Track						
9:00-10:00 am	Conditioning Leah W.C		Conditioning Leah W.C								
9:15-10:15 am	Barre Josie E.E	Cardio Strength Circuit Josie E.E	Barre Josie E.E	20/20/20 Josie E.E	Cycle Josie E.E	Tabata Noelle F.F.S					
	Tabata Lynn F.F.S		Gentle Yoga Caroleen F.F.S	Step Lynn F.F.S	Gentle Yoga Caroleen F.F.S			Barre Lynn F.F.S			
9:30-10:30 am		Baby Boot Camp Lynn Fieldhouse		Baby Boot Camp Lynn Fieldhouse							
10:00-11:00 am						Therapeutic Stretching Caroleen E.E	Cardio Strength Circuit Tammy E.E Yoga Caroleen F.F.S				
10:30-11:30 am	Mixed Dance Caroleen E.E	Functional Fitness Sherry E.E	Intervals Lana E.E/W.C.	Zumba Fili F.F.S	Strength Lana E.E						
	Intermediate Yoga Lana F.F.S		Glutes & Core Josie F.F.S	Kangoo & Strength Josie F.F.S				Boot camp Josie Track			
				Functional Fitness Sherry E.E							
11:15-12:45 pm						Restorative Yoga Caroleen E.E	Ball, Strength & Release Caroleen E.E (12:15)				
12:05-12:50 pm	Conditioning Bryce E.E	Zumba Fili E.E	Cycle Bryce E.E		Essentrics Sherry E.E (12:00-1:00)						
4:00-5:00 pm	Boot camp Jessica E.E	Strength Jessica E.E	Boot camp Jessica E.E	Strength Jessica E.E							
4:15-5:00 pm	Youth Kickboxing Fili Combat Corner	Zumba Fili F.F.S (5:15)									
5:30-6:30 pm	Adult Kickboxing Fili Combat Corner	20/20/20 Karen F.F.S	Conditioning Bryce F.F.S	Essentrics Sherry F.F.S	Zumba Fili E.E						
	Essentrics Sherry F.F.S							Cardio Strength Circuit Noelle E.E. (6:15)	Cycle Josie E.E	Cardio Strength Circuit Noelle E.E. (6:15)	Yoga Kajal F.F.S
	Cycle Noelle E.E										
6:45-7:45 pm	Kangoo & Strength Josie E.E	HIIT Amanda F.F.S	Barre Josie F.F.S	HIIT Amanda F.F.S							
	Glutes & Core Justine F.F.S							Cardio Strength Circuit Amanda E.E.			
8:00-9:00 pm		Yoga Caroleen F.F.S									

Must be 16 years or older to participate in all fitness classes unless otherwise stated.

For the safety and respect of all participants, children are not permitted in classes.

LEGEND

F.F.S: Finning Fitness Studio
E.E: Evergreen Energy Room
W.C: Weyerhaeuser Concourse

20/20/20: 3 workouts in 1! This class is designed to give you the ultimate total body workout. 20 minutes of strength, 20 of cardio and 20 minutes of core. Anything goes in this class! Suitable for all fitness levels.

Barre: A fusion of Pilates, yoga and ballet barre. Designed to strengthen the entire body while creating longer leaner muscles. A variety of equipment will be used in these classes. Suitable for all fitness levels.

Mixed Dance: A blend of belly dancing and low impact strength training. Suitable for all fitness levels.

Baby Boot Camp: This class is tailored for parents of little ones wanting a challenging strength, cardio and core class. Secure your babies and toddlers in your clean stroller and bring them along for the ride. Please feed your kids prior to class to keep our surface clean.

Ball, Strength & Release: Utilizing different sized balls to strengthen and release muscles. Suitable for all fitness levels.

Boot Camp: A variety of exercises that encourage muscular strength and endurance. Suitable for all fitness levels.

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

Conditioning: Build your cardiovascular endurance through different, continuous movement. Suitable for all fitness levels.

Cycle: Increasing your cardiovascular system using an upright, stationary bike. Suitable for all fitness levels.

Cycle Strength Circuit: An intense workout alternating between cycle & strength training in a circuit format. This full body training to burn the calories. Suitable for all fitness levels.

Essentrics™ – Release, Rebalance, Restore: This slower paced class is designed to Release tight muscles, Rebalance the joints and Restore the body. Designed for those looking for a gentle, slow tempo class; this full body workout will increase strength, flexibility & mobility. Suitable for all fitness levels.

Essentrics™: A non-impact, full body, workout that helps in developing lean, strong, and flexible muscles while improving posture through a dynamic combination of strengthening and stretching. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries, and unlocks tight joints.

Functional Fitness: This class is designed for older adults looking for fun physical activity to maintain independence. It includes the use of swiss balls, bands, and hand weights to build your strength, endurance, balance, relaxation, and flexibility.

Gentle Yoga: A softer, nurturing, slow-paced, well-supported and relaxing yoga class. Suitable for all fitness levels.

Glutes & Core: This workout is a combination of strengthening exercises that will work your glutes and core. Suitable for all fitness levels.

H.I.I.T: High Intensity Interval Training. Suitable for all fitness levels.

Intermediate Yoga: A more challenging yoga class that focuses on intermediate positions to help grow your practice.

Interval: This training class will involve a variety of intervals with ranging work to rest ratios. Interval training increases fat burn, improves cardiovascular strength and endurance and increases work load compared to steady state workouts so that you can capitalize on every minute of your workout. Suitable for all fitness levels.

Kangoo & Strength: "Unleash your inner Tigger!" this class gives you the best of everything; an amazing bouncy, trouncy, flouncy, pouncy, 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. Suitable for all fitness levels.

Adult/Youth Kickboxing: Kickboxing where you actually get to practice hitting a bag in-stead of the air! Incorporates resistance training as well; making the class benefit your cardio, and muscle tone.

Restorative Yoga: Restorative Yoga is a deeply relaxing style of yoga practice. In Restorative Yoga the poses are held longer to maximize your stretch. Suitable for all fitness levels.

Step: Choreographed step aerobics, along with core conditioning. Challenging and fun for all levels.

Stretch: This class is designed to improve or continue the quality of your life. It incorporate simple and safe transitions and movements to increase mobility, range of motion, balance, and stability. Suitable for all fitness levels.

Strength: Create lean body mass through weight and/or body weight training. Suitable for all fitness levels.

Tabata: A type of High Intensity Interval Training. Each round consists of 4 minutes of 20 seconds of intense training with 10 seconds of rest. All levels of fitness welcome – you set your own pace.

Therapeutic Stretching: focuses on the use of both active and passive stretching and PNF style. Covering all forms of stretches for the able-bodied, injured, and selected special populations. Suitable for all fitness levels.

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

Zumba: A Latin dance/fitness experience that you will fall in love with! Zumba features easy to follow moves to Latin and tropical rhythms. Great cardio! Burn a ton of calories without even realizing it. Suitable for all fitness levels.



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