

DROP IN FITNESS SCHEDULE

SEPTEMBER 3 -
DECEMBER 20
2019

	TIME	CLASS	LOCATION / ROOM	INSTRUCTOR
MON	6:00-7:00a.m.	Strength	Evergreen Energy / Concourse	Leah
	8:00-9:00a.m.	Essentrics™ - Release, Rebalance, Restore	Finning Fitness Studio	Sherry
	9:15-10:15a.m.	Conditioning	Evergreen Energy / Concourse	Leah
	9:15-10:15a.m.	H.I.I.T.	Finning Fitness Studio	Lynn
	9:15-10:15a.m.	Intermediate Yoga	East Multipurpose	Lana
	10:30-11:30a.m.	Strength	Evergreen Energy	Lana
	4:00-5:00p.m.	Boot Camp	Evergreen Energy / Concourse	Jessica
	5:30-6:30p.m.	Essentrics™	Finning Fitness Studio	Sherry
	5:30-6:30p.m.	Cycle & Strength	Evergreen Energy	Josie
	6:45-7:45p.m.	Kangoo & Strength	Evergreen Energy	Josie
6:45-7:45p.m.	Glutes & Core	Finning Fitness Studio	Justine	
TUE	6:00-7:00a.m.	H.I.I.T.	Evergreen Energy / Concourse	Leah
	9:15-10:15a.m.	Cycle	Evergreen Energy	Josie
	9:15-10:15a.m.	Gentle Yoga	Finning Fitness Studio	Caroleen
	9:30-10:30a.m.	Baby Boot Camp	Fieldhouse	Breanna
	10:30-11:30a.m.	Functional Fitness	Evergreen Energy / Concourse	Sherry
	10:30-11:30a.m.	Glutes & Core	Finning Fitness Studio	Josie
	4:00-5:00p.m.	Strength	Evergreen Energy	Jessica
	4:15-5:15p.m.	Dance	Finning Fitness Studio	Leah
	4:30-5:15p.m.	Youth Fitness	Combat Corner	Caroleen
	5:30-6:30p.m.	20/20/20	Finning Fitness Studio	Noelle
	6:45-7:45p.m.	H.I.I.T.	Finning Fitness Studio	Amanda
	7:15-8:15p.m.	Yoga	Evergreen Energy	Chelsea
	WED	6:00-7:00a.m.	Strength	Evergreen Energy / Concourse
8:00-9:00a.m.		Essentrics™ Release, Rebalance, Restore	Finning Fitness Studio	Sherry
9:15-10:15a.m.		Conditioning	Evergreen Energy / Concourse	Leah
9:15-10:15a.m.		Barre	East Multipurpose	Josie
9:15-10:15a.m.		Step & Strength	Finning Fitness Studio	Lynn
10:30-11:30a.m.		Intervals	Evergreen Energy / Concourse	Lana
10:30-11:30a.m.		Kangoo & Strength	Finning Fitness Studio	Josie
4:00-5:00p.m.		Boot Camp	Evergreen Energy / Concourse	Jessica
5:30-6:30p.m.		Cycle	Evergreen Energy	Josie
5:30-6:30p.m.		Yoga	Finning Fitness Studio	Caroleen
6:45-7:45p.m.		Cardio & Strength Circuit	Evergreen Energy / Concourse	Amanda
6:45-7:45p.m.	Glutes & Core	Finning Fitness Studio	Josie	
THU	6:00-7:00a.m.	H.I.I.T.	Evergreen Energy / Concourse	Leah
	9:15-10:15a.m.	20/20/20	Evergreen Energy	Josie
	9:15-10:15a.m.	Gentle Yoga	Finning Fitness Studio	Caroleen
	9:30-10:30a.m.	Baby Boot Camp	Fieldhouse	Breanna
	10:30-11:30a.m.	Dance	Finning Fitness Studio	Leah
	10:30-11:30a.m.	Boot camp	Track	Josie
	10:30-11:30a.m.	Functional Fitness	Evergreen Energy / Concourse	Sherry
	4:00-5:00p.m.	Strength	Evergreen Energy / Concourse	Jessica
	4:30-5:15p.m.	Youth Fitness	Combat Corner	Caroleen
	5:30-6:30p.m.	Boot camp	Track	Noelle
	5:30-6:30p.m.	Essentrics™	Finning Fitness Studio	Sherry
	6:45-7:45p.m.	H.I.I.T.	Finning Fitness Studio	Amanda
	7:15-8:15p.m.	Intermediate Yoga	Evergreen Energy	Chelsea
FRI	6:00-7:00a.m.	Tabata	Evergreen Energy / Concourse	Leah
	6:00-7:00a.m.	Yoga	Finning Fitness Studio	Chelsea
	8:00-9:00a.m.	Essentrics™	Finning Fitness Studio	Sherry
	9:15-10:15a.m.	Cycle	Evergreen Energy	Josie
	9:15-10:15a.m.	Fusion	East Multipurpose	Lynn
	9:30-10:30a.m.	Yoga	Finning Fitness Studio	Caroleen
	10:30-11:30a.m.	Strength	Evergreen Energy	Josie
	5:00-6:00p.m.	Yoga	Finning Fitness Studio	Lindsay
SAT	7:15-8:45a.m.	Conditioning	Evergreen Energy / Concourse	Leah
	9:15-10:15a.m.	Tabata	Finning Fitness Studio	Noelle
	10:15-11:30a.m.	Restorative Yoga	Evergreen Energy	Caroleen
	10:30-11:30a.m.	20/20/20	Finning Fitness Studio	Noelle
11:45-12:45p.m.	Essentrics™	Finning Fitness Studio	Terrah	
SUN	10:00-11:00a.m.	Cardio & Strength Circuit	Evergreen Energy / Concourse	Joanna
	10:00-11:15a.m.	Yin Yoga	Finning Fitness Studio	Caroleen
	11:30-12:30p.m.	Athletic Yoga	Finning Fitness Studio	Caroleen
	5:00-6:00p.m.	Yoga	Finning Fitness Studio	Kajal

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!

Athletic Yoga: Through different yoga disciplines, athletes will recognize and overcome their limitations.

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.

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.

Boot Camp: A variety of exercises that encourage muscular strength and endurance.

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

Conditioning: Build your cardiovascular endurance through different, continuous movement.

Cycle: Increasing your cardiovascular system using an upright, stationary bike.

Cycle & Strength: Cardio on the bike integrated with muscular endurance.

Dance: Dance to a choreographed routine, Move to the rhythm and bring back your Groove!

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.

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.

Fusion™: A combination of fitness, Pilates, Yoga & Barre.

Gentle Yoga: A softer, nurturing, slow-paced, well-supported and relaxing yoga class.

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

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

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

Intervals: This class will involve a variety of intervals with ranging work to rest ratios.

Kangoo™ & Strength: "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.

Restorative Yoga: a deeply relaxing style of yoga practice, where the poses are held longer to maximize your stretch.

Step & Strength: 30 minutes of cardio step followed by 30 minutes of strength.

Strength: Create lean body mass through weight and/or body weight training.

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.

Yin Yoga: This is a more passive style of yoga. Targeting the connective tissues and ligaments that normally are not exercised.

Youth Fitness: Youth 10—15 years old welcome,. Intervals, circuits and other activities to keep busy in this 45 minute class.

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

All levels of fitness are welcome. Our instructors are able to provide modifications for most exercises.

As a participant, please provide information you require the instructor to know to help make you feel successful in your time here at Eastlink Centre.

Must be 16 years of age to participate unless otherwise stated.

For the safety of participants, children are not permitted in class.