



FITNESS PROGRAMS:



DROP-IN CHILDCARE

Ages: 6 months +

Program Description: Our free drop-in childcare service is available for children 6 months and older. Participate in a rec centre program or activity while your child enjoys a supervised playtime. First come first served until capacity.

When: Monday – Thursday

Start Date: TBA - End Date: March 1

Time: 5:30-8:00pm

Instructor: TBA

Location: Preschool Room at the Rec Centre

Cost: Free

Contact: Jacquie Hill

When: Saturdays

Start Date: TBA - End Date: February 25

Time: 9:30 – 11:30am

Instructor: TBA

Location: Preschool Room at the Rec Centre

Cost: Free

Contact: Jacquie Hill

REGISTERED FITNESS PROGRAMS

CIRCUIT TRAINING

Ages: 15+ years

Program Description: A full body workout that incorporates the weight room machines and free weight exercises.

When: Saturdays

Session 1: September 10– October 1

Time: 9:45 - 10:30am

Instructor: Tracey

Location: Rec Centre

Cost: \$20 (4 classes)

Contact: Jacquie Hill

BOOT CAMP – BEGINNER/INTERMEDIATE

Ages: 15+ years

Program Description: A full body workout using back-to-basic exercises

When: Saturdays

Session 1: October 15 – November 5, Session 2: January 7 – 28

Time: 9:45 - 10:30 am

Instructor: Michelle

Location: Rec Centre

Cost: \$20 (4 classes)

Contact: Jacquie Hill

WATER RUNNING

Ages: 15 yrs +

Program Description: A low impact workout in the water that is great for cross-training and overall fitness improvement.

When: Mondays/Wednesdays

Session 2: October 31 – December 7 (12 sessions)

Session 3: January 9 – February 15 (12 sessions)

Time: 6:45 - 7:45pm

Instructor: Dale Tuck

Location: Pool

Cost: \$66(\$12 classes)

Contact: Jacquie Hill

YOGA

Ages: 15+yrs

Program Description: A fitness class that will help improve posture and balance, relieve stress, and increase flexibility

When: Saturdays

Session 1: November 5 – December 3

Session 2: February 4 – February 25

Time: 9:45 -10:45am

Instructor: Jen Stadnyk

Location: Birthday Party Room

Cost: \$28 (4 classes)

Contact: Jacquie Hill

FITNESS PROGRAMS:

POWER PEDAL (MON/WEDS)

Ages: 15+yrs

Program Description: A high intensity workout on the spin bikes.

When: Mondays and Wednesdays

Session 2: October 31 – December 7 (\$66/12 classes)

Session 3: January 9 – February 15 (\$66/12 classes)

Time: 5:30-6:30pm

Instructor: Dale Tuck

Location: Rec Centre Lobby

Cost: see sessions above for costs; \$6 drop-in if bike available

Contact: Jacquie Hill

POWER PEDAL (TUES/THURS)

Ages: 15+yrs

Program Description: A high intensity workout on the spin bikes.

When: Tuesdays and Thursdays

Session 2: November 1 – December 8 (\$66/12 classes)

Session 3: January 10 – February 16 (\$66/12 classes)

Time: 6:30-7:30pm

Instructor: Dale Tuck

Location: Rec Centre Lobby

Cost: see above sessions for costs; \$6 drop-in if bike available

Contact: Jacquie Hill

FITNESS CONSULTATION

Ages: 13+yrs

Program Description: A one on one consultation and goal setting session with a personal fitness trainer.

When: By appointment only (approximately 90 minutes)

Instructor: Jacquie Hill

Location: Fitness Centre at the Rec Centre

Cost: \$40

Contact: Jacquie Hill

PERSONAL TRAINING

Ages: 13+yrs

Program Description: A one on one personalized workout with a personal fitness trainer.

When: By appointment only (approximately 60 minutes)

Instructor: Jacquie Hill

Location: Fitness Centre at the Rec Centre

Cost: \$30

Contact: Jacquie Hill

FITNESS CENTRE ORIENTATION

Ages: 13+yrs (mandatory for 13 and 14 year olds)

Program Description: Become familiar and comfortable with using the equipment in the Fitness Centre.

When: By appointment only (approx. 30 mins)

Instructor: Jacquie Hill

Location: Fitness Centre at the Rec Centre

Cost: Free with Facility Pass

Contact: Jacquie Hill

GREEN GYM ORIENTATION

Ages: 13+yrs

Program Description: Learn how to properly and safely use the outdoor fitness equipment located in Central Park

When: By appointment only (approx. 30 mins)

Instructor: Jacquie Hill

Location: Outdoor Green Gym

Cost: Free

Contact: Jacquie Hill

DROP-IN FITNESS PROGRAMS

TOTAL BODY CONDITIONING (TBC) Ages: 15+yrs

Program Description: A full body workout using a variety of exercises and equipment

When: Tuesday and Thursday

Start Date: September 13

End Date: May 31

Time: 5:30-6:15pm

Instructor: Michelle Broda/Tracey Mitchell

Location: Rec Centre Lobby

Cost: Included in Facility Pass or drop-in fee. No classes on stat holidays or during winter break.

Contact: Jacquie Hill

ACTIVE AGERS

Ages: 15+yrs

Program Description: A gentle workout designed for those over 55 years or the beginner exerciser. Class is broken down into 20 minutes segments of cardio, weights, and yoga/stretch exercises.

When: Tuesdays and Thursdays

Start Date: September 13

End Date: May 31

No Classes: December 20, 22, 27, 29, January 3, 5,

Time: 9:00-10:00am

Instructor: Jacquie Hill

Location: Rec Centre Lobby

Cost: Included in Facility Pass or drop-in fee. No classes on stat holidays or during winter break.

Contact: Jacquie Hill

AQUA FIT

Ages: 15+yrs

Program Description: A great low impact workout in the water suitable for seniors, beginner exercisers, and people with bone and joint issues.

When: Mondays and Wednesdays

Start Date: TBA

Time: 9:00 - 9:45am

End Date: June 27

FITNESS PROGRAMS:

AQUA FIT

No Classes: October 10, December 19, 21, 26, 28, January 2, 4, February 20

Time: 9:00-9:45am

Instructor: Shandis Leblanc/Steph Fast/ Krista Morrow

Location: Pool

Cost: Included in Facility Pass or drop-in fee

Contact: Jacquie Hill

Time: 6:30-8:00pm

Location: High School Gym

Cost: Free

Contact: Jacquie Hill

Please Note

-Drop-in sports will not run on stat holidays and are subject to cancellation due to low participation and school gym closures.

CO-ED ADULT DROP-IN SPORTS

DROP-IN CO-ED ADULT BASKETBALL

Ages: 15+yrs

Program Description: Come enjoy some casual fun and exercise. All skill levels welcome.

When: Thursdays

Start Date: September 22nd

End Date: Feb 29

Time: 6:30-8:00pm

Location: High School Gym

Cost: Free

Contact: Jacquie Hill

DROP-IN CO-ED ADULT VOLLEYBALL

Ages: 15+yrs

Program Description: Come enjoy some casual fun and exercise. All skill levels welcome.

When: Tuesdays

Start Date: September 20th

End Date: June 11



DROP-IN FITNESS SCHEDULE (SEPTEMBER -FEBRUARY)



DROP-IN SPORTS SCHEDULE (SEPTEMBER - FEBRUARY)

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Co-Ed Adult Basketball				6:30-8:00 pm			
Co-Ed Adult Volleyball		6:30-8:00 pm					

Note: Schedule subject to change, depending on upcoming events. Drop in sports will not run on Stat holidays and are subject to cancellation due to low participation & school gym closures. Cost FREE!