

G.H. Dawe Community Centre Drop-In Fitness Schedule

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March 1 – 31, 2024

Fitness Class Locations: West Studio ~ East Studio ~ Track Classes ~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	April 1 12 – 5 p.m. No Classes Move It 5:45 – 6:30 a.m. Full Body Blast 9:30 – 10:30 a.m.	Tone It Up 5:45 – 6:30 a.m. Cardio Core & More 9:30 – 10:30 a.m. Fusion 9:30 – 10:30 a.m.	Circuit Blast 5:45 – 6:30 a.m. Mix & Match 9:30 – 10:30 a.m.	Flex & Stretch 5:45 – 6:30 a.m. Fit Mix 9:30 – 10:30 a.m. Fusion 9:30 – 10:30 a.m.	March 29 12 – 5 p.m. No Classes Track & Turf 5:45 – 6:30 a.m. Muscle Conditioning 9:15 – 9:45 a.m. Stretch & Roll 9:50 – 10:40 a.m. Tai Chi 11 a.m. – 12 p.m.	Saturday Sweat 9:30 – 10:30 a.m.	March 31 12 – 5 p.m. No Classes Sunday Fit Mix 9:30 – 10:30 a.m. Zen & Tonic 10:45 – 11:45 a.m.
	Fit Xpress 12:10 – 12:50 p.m.	Track & Turf 12:10 – 12:50 p.m. Tot Track Time 1:00 – 2:30 p.m.	Lunch HIIT 12:10 – 12:50 p.m.	Lunch Muscle Conditioning 12:10 – 12:50 p.m. Tot Track Time 12:00 – 2:00 p.m.	Fit Xpress 12:10 – 12:50 p.m.		
	Cardio Blast 4:45 – 5:15 p.m. Muscle Conditioning 5:30 – 6:15 p.m.	Glute Camp 4:45 – 5:15 p.m. Fusion 5:30 – 6:30 p.m.	Xpress Body Blast 4:45 – 5:15 p.m. Track & Turf 5:30 – 6:15 p.m.	Curls & Crunches 4:45 – 5:15 p.m. HIIT 5:30 – 6:15 p.m.			



Scan Schedule Here

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Class Descriptions

Moderate Classes

Cardio Blast	A 30-minute-high intensity cardio workout.
Cardio Core & More	A full body cardio, strength, and core workout.
Circuit Blast	An intense circuit style class.
Curls & Crunches	A 30-minute upper body & core strength training class.
Fit Mix	All levels welcome! Full body cardio, strength, and core workout.
Fit Xpress	A 40-minute-high intensity cardio and strength training class.
Full/Xpress Body Blast	A full body cardio, strength, and core workout. (Xpress 30mins)
Glute Camp	A lower body workout focused on legs and glutes.
HIIT/Lunch HIIT	A 45-minute-high intensity interval training class. (Lunch 40mins)
Mix & Match	An intense workout with a different routine each week.
Move It	A mix of calisthenics, plyometrics and free weights.
Muscle Conditioning	Sculpt & strengthen in this full body workout.
Saturday Sweat	A full body cardio, strength, and core workout.
Sunday Fit Mix	All levels welcome for this cardio, strength, and core workout.
Tot Track Time	With an adult, tots 6 and under will develop fundamental skills through movement stations on the fitness track.
Tone It Up	A 45-minute weight training class.
Track & Turf	Use a variety of equipment and plyometric training for this class.

Mild Classes

Flex & Stretch	A blend of strength, mobility & flexibility.
Fusion	A blend of Yoga, Pilates, and fitness conditioning.
Stretch & Roll	A 45-minute fascia roll class.
Tai Chi	A gentle class combining movement and breath.
Zen & Tonic	A mix of Yoga, fascial rolling, stretch and breath work.