

# Collicutt Centre FITNESS DROP-IN SCHEDULE

rec(create)<sup>RD</sup>



MARCH 1 – APRIL 30, 2024

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING CLASSES	<b>*UPPER BODY BLAST</b> 8:30 - 9:15 a.m. No class April 1				<b>*MIX &amp; MATCH</b> 6 - 6:45 a.m. No class March 29		
	<b>FUSION</b> 9:30 – 10:30 a.m. No class April 1  <b>SPIN</b> 9:30 – 10:15 a.m. (Spin Bikes) No class April 1  <b>*MILD MORNING WORKOUT</b> 11 - 11:45 a.m. No class April 1	<b>POWER HOUR</b> 9:30 – 10:30 a.m.	<b>FUSION</b> 9:30 – 10:30 a.m.  <b>SPIN</b> 9:30 – 10:15 a.m. (Spin Bikes) <b>*MILD MORNING WORKOUT</b> 11 - 11:45 a.m.	<b>CIRCUIT TRAINING</b> 9:30 – 10:30 a.m.	<b>GUTS &amp; BUTTS</b> 9:30 – 10:30 a.m. No class March 29	<b>MIX &amp; MATCH</b> 9 – 10 a.m.	<b>*SHAPE &amp; FIRM</b> 9 – 10 a.m. No class March 31
	<b>*MILD MORNING WORKOUT</b> 12 - 12:45 p.m. No class April 1  <b>SPIN EXPRESS</b> 12:15-12:45 p.m. (Spin Bikes) No class April 1		<b>*MILD MORNING WORKOUT</b> 12 - 12:45 p.m.	<b>*LUNCH BLAST</b> 12:15-12:45 p.m.		<b>* PLEASE NOTE:</b> <b>*HYBRID</b> Classes must be pre-booked as an activity reservation to participate virtually.  Easter Stat Hours 12-5pm  Good Friday March 29 Easter Sunday March 31 Easter Monday April 1	
EVENING CLASSES	<b>*MIX &amp; MATCH</b> 5:15 – 6 p.m. No class April 1	<b>SPIN EXPRESS</b> 5:15 - 5:45 p.m. (Spin Bikes)  <b>*UPPER BODY BLAST</b> 6 - 6:45 p.m.	<b>TRIPLE PLAY</b> 5:15 – 6 p.m.  <b>TRACK TRAINING</b> 5:30 - 6:30 p.m. (Track)		<b>BODY PUMP</b> 4:30 – 5:15 p.m.		

All classes take place in the Motion Studio unless otherwise noted.

Youth (13-17 yrs.) require a fitness orientation before participating in fitness activities.  
 Register in person or call 403.358.7529, press '0', ask for extension #1510.  
 We offer orientations 3 times a week. Please see fitness staff to book.

## Class Descriptions

### MODERATE

#### Mix n Match

A different exercise routine each class to keep it interesting as well as effective. Get ready for a variety of training techniques!

#### Guts & Butts

Focus on the lower body and core using resistance bands, hand weights, stability balls and other training principles.

#### Power Hour

Enhance athletic and fitness performance using different cardio and muscle conditioning techniques.

#### Circuit Training

A high energy mix of cardio and weight training for a different class every time.

#### Track Training

A full body workout using interval training, calisthenics, running and sprint work on the indoor track.

#### Lunch Blast

Have a blast in this quick high energy class that will incorporate cardio, strength training and core to give you a total body workout.

#### Triple Play

A 45-minute class combining the 3 principals of cardio, strength training and core.

#### Jump Start

This 45 min class is a great way to jump start your day. A combination of conditioning, strength, core and stretching and is easy to modify to any fitness level.

### MILD

#### Fusion

Experience mind and body awareness with a blend of yoga, Pilates and strength training.

#### Shape & Firm

Target, tone and tighten all areas of the body while using your own body weight and a variety of equipment (resistance bands, weights and stability balls and more).

#### Spin X-Press

A 30-minute-high energy, non-impact cycling class. Perfect for all cycling levels.

#### HYBRID CLASSES:

**In Person OR join us virtually on-line. THE CHOICE IS YOURS!**

- If you choose to participate in the virtual option: You **MUST** pre-book a spot in order to receive the on-line link via e-mail.

If you choose to come in person – just show up for class.

#### Mild Morning Workout

A fun, low impact class designed to improve cardio, range of motion, balance and strength. This class is ideal for those with limitations, new to exercise or those wanting a low or non-impact class.

#### Upper Body Blast

A fun way to build strength and increase confidence! The focus is targeting all the muscles above the waist through multiple weighted movements. You'll be flexing and squeezing your way to a trim, fit and strong upper body!

#### Body Pump

Target your total body using a variety of equipment to tighten and tone while increasing muscular strength and endurance.