

Fitness Strength & Fitness Cardio (including track)

Monday-Thursday	Saturday & Sunday		Fitness Drop-in	1 Month Membership	Annual Membership
6:00am-10:00pm	7:30am-4:00pm	Youth (13-16 yrs)	\$9.00	\$26.00	\$290.75
		Student (17-24 yrs)	\$9.00	\$29.00	\$326.50
Adult (18-59 yrs)		\$11.00	\$41.00	\$465.25	
Senior (60+yrs)		\$9.00	\$33.00	\$371.50	
Friday					
6:00am-8:00pm					

Fees are subject to change without notice. All monthly membership prices +HST

Group Fitness Classes - PRE-BOOKING REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Bodies 9:15-10:00am Steph	Circuit 8:15-9:00am Helen	Yoga 9:00-10:00am Pat	Pilates 9:15-10:00am Anita	MetCon 9:15-10:00am Robert	Bollywood 9:00-9:45am Dolly	Cycle Circuit 9:00-9:45am varies
Zumba 10:15-11:00am Aurora	Stretch 9:15-10:00am Anita	Zumba 10:15-11:00am Aurora	Cycle 9:15-10:00am varies	Stretch 10:15-11:00am Anita	Yoga 10:00-11:00am Dolly	Yin Yoga 10:00-11:00am Pat
Variety 12:15-12:45pm varies		Bootcamp 12:15-12:45pm varies			<p>Class takes place in the gymnasium Class takes place in the studio Class takes place in MPR</p>	
Bootcamp 6:00-6:45pm Kyle	Cycle 6:00-6:45pm Robert	Metcon 6:00-6:45pm Robert	Tabata 6:00-6:30pm Lauren			
Bollywood 7:00-7:45pm Dolly			Zumba 7:00-7:45pm Karina			
Yoga 8:00-8:45pm Dolly	Kettlebell 8:00-8:45pm Helen				<p>Exclusion Dates: Monday, May 23- CLOSED</p>	

Book online at www.bwgleisurecentre.ca

Group Fitness Classes Booking Guidelines

Booking for the following week will be available every Sunday at 9:00am

wristbands required



Fitness Class Descriptions

Bollywood	Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.
Bootcamp	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.
Circuit	You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.
Cycle	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.
Cycle Circuit	You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or - Alternate between the two. Truly a complete workout.
Fit Bodies	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.
Kettlebell	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.
Metcon	This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!
Pilates	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.
Stretch	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!
Tabata	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!
Variety	This 30 min class during the lunch provides variety every week and could include Tabata, Cycle and Bootcamp style workouts!
Yoga	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome
Yin Yoga	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.
Zumba	Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!