

### 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	<b>Youth</b> (13-16 yrs)	\$9.00	\$26.00	\$290.75
		<b>Student</b> (17-24 yrs)	\$9.00	\$29.00	\$326.50
<b>Adult</b> (18-59 yrs)		\$11.00	\$41.00	\$465.25	
<b>Senior</b> (60+yrs)		\$9.00	\$33.00	\$371.50	
<b>Friday</b>					
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
<b>Fit Bodies</b> 9:15-10:00am Steph	<b>Circuit</b> 8:15-9:00am Helen	<b>Yoga</b> 9:00-10:00am Pat	<b>Pilates</b> 9:15-10:00am Anita	<b>MetCon</b> 9:15-10:00am Robert	<b>Bollywood</b> 9:00-9:45am Dolly	<b>Cycle</b> 9:00-9:45am varies
<b>Zumba</b> 10:15-11:00am Aurora	<b>Stretch</b> 9:15-10:00am Anita	<b>Zumba</b> 10:15-11:00am Aurora	<b>Cycle</b> 9:15-10:00am varies	<b>Stretch</b> 10:15-11:00am Anita	<b>Yoga</b> 10:00-11:00am Dolly	<b>Yin Yoga</b> 10:00-11:00am Pat
<b>Circuit</b> 12:15-12:45pm Steph		<b>Bootcamp</b> 12:15-12:45pm varies			<b>Class takes place in the gymnasium</b> <b>Class takes place in the studio</b> <b>Class takes place in MPR</b>	
<b>Bootcamp</b> 6:00-6:45pm Kyle	<b>Cycle</b> 6:00-6:45pm Robert	<b>Metcon</b> 6:00-6:45pm Robert	<b>Tabata</b> 6:00-6:30pm Lauren			
<b>Bollywood</b> 7:00-7:45pm Dolly		<b>Stretch</b> 7:00-7:45pm Anita	<b>Zumba</b> 7:00-7:45pm Karina		<b>Exclusion Dates:</b> Monday, May 23- CLOSED	
<b>Yoga</b> 8:00-8:45pm Dolly	<b>Kettlebell</b> 8:00-8:45pm Helen					

Book online at [www.bwgleisurecentre.ca](http://www.bwgleisurecentre.ca)

#### Group Fitness Classes Booking Guidelines

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

wristbands required



# FITNESS

## Fitness Class Descriptions

<b>Bollywood</b>	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.
<b>Bootcamp</b>	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.
<b>Circuit</b>	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.
<b>Cycle</b>	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.
<b>Cycle Circuit</b>	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.
<b>Fit Bodies</b>	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.
<b>Kettlebell</b>	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.
<b>Metcon</b>	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!
<b>Pilates</b>	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.
<b>Stretch</b>	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!
<b>Tabata</b>	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!
<b>Variety</b>	This 30 min class during the lunch provides variety every week and could include Tabata, Cycle and Bootcamp style workouts!
<b>Yoga</b>	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome
<b>Yin Yoga</b>	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.
<b>Zumba</b>	Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!



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		<b>Zumba</b> 10:15-11:00am Aurora			<b>Class takes place in the studio</b> <b>Class takes place outdoors</b>	
<b>Bootcamp</b> 6:00-6:45pm Kyle	<b>Cycle</b> 6:00-6:45pm Robert	<b>Metcon</b> 6:00-6:45pm Robert	<b>Tabata</b> 6:00-6:30pm Lauren		<b>Exclusion Dates:</b> Friday, July 1 - CLOSED Monday, August 1 - CLOSED Friday, August 19 - CLOSED at 1:00pm Monday, September 5 - CLOSED  <b>Photo Day - August 8</b> 	
<b>Bollywood</b> 7:00-7:45pm Dolly		<b>Stretch</b> 7:00-7:45pm Anita	<b>Zumba</b> 7:00-7:45pm Karina			
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