

Winter Break Schedule in effect from December 24-January 6

Schedule subject to change without notice.

### Fitness Strength & Fitness Cardio (including track)

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

### Group Fitness Classes

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>Kettlebell*</b> 8:15-9:00am Helen	<b>MetCon*</b> 9:15-10:00am Robert	<b>Bootcamp</b> 8:00-8:45am varies	<b>Cycle*</b> 9:00-9:45am varies
<b>Zumba</b> 10:15-11:00am Karina	<b>Stretch</b> 9:15-10:00am Anita	<b>Zumba</b> 10:15-11:00am Karina	<b>Pilates</b> 9:15-10:00am Anita	<b>Stretch</b> 10:15-11:00am Anita	<b>Bollywood</b> 9:00-9:45am Dolly	<b>Yin Yoga</b> 10:00-11:00am Pat
	<b>Barre*</b> 10:15-11:00am Anita	<b>Bootcamp</b> 12:15-12:45pm Steph	<b>Cycle*</b> 9:15-10:00am varies		<b>Yoga</b> 10:00-11:00am Dolly	
<b>Bootcamp</b> 6:00-6:45pm Filip	<b>Cycle*</b> 6:00-6:45pm Robert	<b>MetCon*</b> 6:00-6:45pm Robert	<b>Tabata</b> 6:00-6:45pm Donna		<b>Class takes place in the studio</b> <b>Class takes place in the gymnasium</b> <b>Class takes place in the MPR</b>	
<b>Bollywood</b> 7:00-7:45pm Dolly	<b>Yoga</b> 7:00-7:45pm Mia	<b>Stretch</b> 7:00-7:45pm Anita	<b>Zumba</b> 7:00-7:45pm Karina			
<b>Yoga</b> 8:00-8:45pm Dolly	<b>Kettlebell*</b> 8:00-8:45pm Helen					

**\*Pre-booking required for this class. Book online at [www.bwgleisurecentre.ca](http://www.bwgleisurecentre.ca).**

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

wristbands required



# FITNESS

## Fitness Class Descriptions

<b>Barre</b>	The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality
<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>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>Yoga</b> 8:00-8:45pm Dolly	<b>Kettlebell*</b> 8:00-8:45pm Helen				<b>Exclusion Dates:</b> November 26 - Track closed 3-5pm for Indoor Triathlon	

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