

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

Group Fitness Classes

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

***Pre-booking required for this class. Book online at www.bwgleisurecentre.ca.**
 Booking for the following week will be available every Sunday at 9:00am

wristbands required



FITNESS

Fitness Class Descriptions

Barre	The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality
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!
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!



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Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17
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