

RESERVABLE DROP-IN FITNESS SCHEDULE *IN EFFECT* May 6 - September 1, 2024



Schedule is subject to change. Scan the code to view the up-to-date schedule, or visit wspr.ca > drop-in schedules. Reservations are strongly recommended as class sizes are limited. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness. The following classes are included with drop-in admission or any WSPR/regional membership. 12 yrs+.

FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Indoor Cycling <i>Melissa</i>		Indoor Cycling <i>Jeanette</i>		Indoor Cycling <i>Jeanette</i>		
8:30 AM							Cycle 60 Rotating Instructors
9:00 AM	On the Ball <i>Glenda</i>	Indoor Cycling <i>Jeannette/ Alison</i>		Indoor Cycling <i>Julianne</i>	Total Body Conditioning <i>Rosalie</i>	Indoor Cycling <i>Melissa</i>	
9:15 AM			Total Body Conditioning <i>Jeanette</i>				
9:45 AM							Bootcamp <i>Eugene</i>
10:00 AM						Total Body Conditioning <i>Rosalie</i>	
12:30 PM				Functional Fitness <i>Lynda</i>			
5:00 PM	Power Circuit <i>Eugene</i>	Cycle Strength <i>Emma/Alison</i>	Power Circuit <i>Eugene</i>	Cycle 60 <i>Alison</i>			
6:15 PM	Functional Fitness <i>Lynda</i>				On the Ball <i>Glenda</i>		

Bootcamp ❤️❤️❤️

A full body workout including cardio and strength conditioning with athletic drills, all wrapped into one! (60 min.)

Cycle 60 ❤️❤️❤️

Work through a variety of sprinting and hill climbing drills to build your cardiovascular fitness and endurance. (60 min.)

Cycle Strength ❤️❤️❤️

Add muscle to your indoor cycling workout with 45 minutes on the bike, followed by upper body and core strength work. (60 min.)

Functional Fitness ❤️❤️

A full body workout focusing on strength, agility, stability movements and flexibility using a variety of equipment. (60 min.)

Indoor Cycling ❤️❤️

A cardio, no impact workout set at your own intensity. Sprinting and hill climbing drills help build strength and endurance. (45 min.)

On the Ball ❤️❤️

A low impact, full body workout increases strength, balance and flexibility. Build stability and core using a variety of balls. (60 min.)

Power Circuit ❤️❤️❤️

A continuous series of full body strength, cardio and endurance drills will get your heart pumping, muscles working and body feeling great in this efficient and fun class! (60 min.)

Total Body Conditioning ❤️❤️

Achieve a full body workout focusing on form and technique. This class will use body weight, body bars, dumbbells and more to increase overall strength, tone and function. (60 min.)

❤️ = Light Intensity | ❤️❤️ = Moderate Intensity | ❤️❤️❤️ = High Intensity

DROP-IN OPEN FITNESS STUDIO

The fitness studio is available for public use during the above scheduled times. Customize your workout with stretching mats, light/medium dumbbells and kettlebells, spin bikes, pullup bars, monkey bars, TRX, heavy bags, and medicine balls. 13 yrs+.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					11:15 AM-12:00 PM	
						12:00-3:00 PM
3:15-4:45 PM	3:15-4:45 PM	3:15-4:45 PM	3:15-4:45 PM			
				4:15-6:00 PM		
					5:30-7:30 PM	6:00-7:30 PM
7:30-9:00 PM	7:30-9:00 PM		7:30-9:00 PM	7:30-9:00 PM		

HYBRID REGISTERED/DROP-IN FITNESS CLASSES



These classes are available for drop-in at a hybrid fee of \$15/class. MUST show proof of payment to instructor. Please pre-pay fee online or at reception before class. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness.



FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15 AM		Zumba Gold Roxana		Zumba Gold Roxana			
10:30 AM			LIIT Workout Alison				
11:30 AM				Parent & Tot Fitness Mariana			
5:00 PM							Family Fitness Eugene
6:15 PM		Butt & Abs Lynda	TRX Combo Eugene	Barre Fusion Lynda			

Barre Fusion ♥♥

This total body barre and Pilates class is a toning, bodyweight lifting functional workout using the barre. (60 min. | 12 yrs+)

Butt & Abs ♥♥♥

A full hour focused on strengthening the core muscles and re-defining the lower body. (60 min. | 12 yrs+)

Family Fitness ♥♥♥

Get the whole family moving and motivated in this fun, varied class. Work together to build a healthy, active lifestyle. (45 min. | 6 yrs+)

LIIT Workout ♥♥♥

LIIT consists of periods of low impact exercise performed in sets of intervals combined with longer periods of rest. (45 min. | 14 yrs+)

Parent & Tot Fitness ♥♥♥

Bring baby to class! Enjoy a motivating workout of cycling, strength and core, with baby in a stroller or car seat. (45 min. | 16 yrs+)

TRX Combo ♥♥♥♥

Pair the TRX suspension trainer with a circuit of full body exercises for a cardio boost in this fun, core focused workout. (60 min. | 15 yrs+)

Zumba Gold ♥♥♥

Blending zesty rhythms and easy moves to energize the body. Great for active older adults and those new to fitness. (60 min. | 15 yrs+)

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity

HYBRID REGISTERED/DROP-IN WELLNESS/YOGA CLASSES



These classes are available for drop-in at a hybrid fee of \$18/class. MUST show proof of payment to instructor. Please pre-pay fee online or at reception before class. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness.

VARIOUS LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM		Yoga - Gentle Tuesdays Patricia - Fieldhouse		Yoga - Easy Patricia - Fieldhouse	
10:30 AM	Yogilates Lynda - Fieldhouse				
11:00 AM					Hatha Yoga Lynda - Fieldhouse
12:30 PM		Aqua Yoga Glenda - JDF Leisure Pool			
5:30 PM			Yoga - Hatha Flow Patricia - 101-55+ Activity Centre		
6:45 PM			Relaxing Yoga Patricia - 101-55+ Activity Centre		

Aqua Yoga ♥

Use the support of water to increase strength, static balance and range of motion with minimal impact on joints. (45 min. | 14 yrs+)

Hatha Yoga ♥♥♥

Sequenced postures to balance, lengthen and strengthen. Stretch... breathe... relax... a perfect ending to the week. (60 min. | 12 yrs+)

Yoga - Hatha Flow ♥♥♥

Breath awareness and fluid movement to connect mind, body & spirit. (60 min. | 15 yrs+)

Yoga - Easy ♥♥♥

A timeout to energize the body and calm the mind. Nothing fancy or difficult, just plain easy yoga for everyone. (60 min. | 15 yrs+)

Yoga - Gentle Tuesdays ♥

A nurturing class to release tension and stress. Use the breath to create a free flow of energy in the body. (90 min. | 15 yrs+)

Relaxing Yoga ♥

Relax and restore the mind and body. Focus on awareness and feel a sense of deep relaxation, allowing the body to heal. (75 min. | 15 yrs+)

Yogilates ♥♥♥

Fusing yoga and Pilates to enhance balance, stamina, flexibility, posture, core strength and build a strong foundation. (60 min. | 16 yrs+)

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity