

RESERVABLE DROP-IN FITNESS SCHEDULE IN EFFECT July 2 - 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+ unless otherwise noted.

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>Daphne</i>		
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>	
10:30 AM			LIIT Workout <i>Alison</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> <i>(July only)</i>		

Bootcamp ❤️❤️❤️

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

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+)

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			
				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 & WELLNESS/YOGA 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15 AM		Zumba Gold Roxana Fitness Studio		Zumba Gold Roxana Fitness Studio			
6:15 PM		Butt & Abs Lynda (August only) Fitness Studio	Outdoor Bootcamp Eugene Meet in fitness studio	Barre Fusion Lynda (August only) Fitness Studio			
6:45 PM			Relaxing Yoga Patricia (August only; \$18/class) 101-55+ Activity Centre				

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+)

Outdoor Bootcamp ♥♥♥

Bring your workout outside for cardio drills, strength training and core conditioning. Finish with a stretch under the trees! (60min. | 12 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. (75min. | 15 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



Explore the benefits of yoga to nurture the body and release tension and stress in these easy-to-follow, free sessions.

Enjoy restorative yoga poses with breath work along with classic yoga poses and yoga flow to create a flow of energy in the body. Gain body awareness and a sense of deep relaxation under the trees

- Wednesday, July 10th | 6:00-7:00pm
- Wednesday, July 24th | 6:00-7:00pm
- Tuesday, August 13th | 9:30-10:30am
- Tuesday, August 27th | 9:30-10:30am

Weather permitting. Ages 12+. Location: JDF Lower Park, behind the tennis courts. Library washrooms available. Please bring a water bottle, ground cover (sheet or blanket) and yoga mat along with any props you like. Some yoga mats & props will be provided.