

# RESERVABLE DROP-IN FITNESS SCHEDULE SEPTEMBER 3-DECEMBER 22, 2024



Schedule is subject to change. Scan the code to view the up-to-date schedule, or visit [wspr.ca](http://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 Melissa		Indoor Cycling Jeanette		Indoor Cycling Jeanette		
8:30 AM							Cycle 60 Jenna/Graham
9:00 AM	On the Ball Glenda	Indoor Cycling Jeannette/ Alison		Indoor Cycling Julianne	Total Body Conditioning Rosalie	Indoor Cycling Melissa	
9:15 AM			Total Body Conditioning Jeanette				
9:45 AM							Bootcamp Eugene
10:30 AM			LIIT Alison				
5:00 PM	Power Circuit Eugene	Cycle Strength Emma/Alison	Power Circuit Eugene	Cycle 60 Alison/Emma			
6:15 PM	Functional Fitness Lynda				On the Ball Glenda		

## 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. (50 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+)

## 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	
						1:00-3:00 PM
3:30-4:45 PM		3:30-4:45 PM	3:30-4:45 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.



FITNESS STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15 AM		Zumba Gold Roxana		Zumba Gold Roxana			
11:30 AM				Parent & Tot Fitness Alison			
12:30 PM				Barre Fusion Lynda			
6:15 PM		Core & Booty Lynda	TRX Combo Eugene	Core & Booty Eugene			

### Barre Fusion ♥♥

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

### Core & Booty ♥♥

Strengthen the core muscles and redefine the lower body through Pilates and Barre-inspired exercises to tone the body. (60 min. | 12 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	
10:15 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+)

### 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+)

### 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+)

### Yoga - Hatha Flow ♥♥

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

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

## NEW & IMPROVED! See what's new for fall - scan the code below or visit wspr.ca > Explore/Book our Programs > Fitness & Wellness



Empower Her Strength  
Core & Booty  
Barre Pilates

Balance Boost  
Generation Health Program  
TIME (Together in Movement & Exercise)

Youth Strength & Conditioning  
Regional Youth Weightroom Orientation  
Family Fitness