

# FITNESS DROP-IN SCHEDULE

Spring Schedule  
Apr 1 - June 30 2015

**ALLANDALE R.C.**  
**190 BAYVIEW DR**  
**(705) 728-5141**  
FITNESS CENTRE HOURS  
Mon-Fri 6:00am-10:00pm  
Sat & Sun 6:00am-7:00pm

**CHILD CARE**  
Mon-Fri 8:30am-12:00pm

**EAST BAYFIELD C.C.**  
**80 LIVINGSTONE ST E**  
**(705) 739-4225**  
FITNESS CENTRE HOURS  
Mon-Fri 6:00am-10:00pm  
Sat & Sun 6:00am-7:00pm

**CHILD CARE**  
Mon-Sat 8:30am-1:00pm  
Tues 5:15pm-8:30pm  
Thurs 4:45pm-8:30pm

**HOLLY C.C.**  
**171 MAPLETON AVE**  
**(705) 792-7925**  
FITNESS CENTRE HOURS  
Mon-Fri 6:00am-10:00pm  
Sat & Sun 6:00am-7:00pm

**CHILD CARE HOURS**  
Mon - Sat: 8:30am-1:00pm  
Mon & Wed: 5:30pm-8:30pm

## MONDAY

BOOTCAMP	Alex	6:15am- 7:15am
YOGA FIT	Barb	8:00am- 8:45am
TRAMPOLINE Workout	Nadia	9:15am-10:15am
STRETCH OUT	Suzanne	10:30am-11:30am
BODY SCULPT	Alison	12:15pm-12:55pm
CYCLE/SCULPT	Carol	5:00pm- 6:00pm
TRAMPOLINE Workout	Wendy	6:15pm-7:00pm
TRX CIRCUIT	Wendy	7:15pm- 8:15pm
BOUNCEFIT- RHYTHM	Alyssa	7:30pm-8:15pm

## TUESDAY

LIVING FIT	Barb	8:00am- 8:45am
CARDIO/SCULPT	Patrick	9:15am-10:15am
PILATESFIT	Patrick	10:30am-11:30am
STEP/SCULPT	Stephanie	5:00pm- 6:00pm
BATTLE ROPE CIRCUIT	Amanda	6:45pm- 7:45pm

## WEDNESDAY

BATTLE ROPE CIRCUIT	Alex	6:15am- 7:15am
CARDIO/SCULPT	Courtney	8:00am- 8:45am
STEP/SCULPT	Patty	9:15am-10:15am
YOGA FIT	Patty	10:30am-11:30am
CARDIO RHYTHM	Donna	12:15pm-12:55pm
TOTAL BODY WORKOUT	Sandy	5:00pm- 6:00pm
BOUNCEFIT-RHYTHM	Cortnie	6:15pm- 7:00pm
TOP Guns/ROCK Bottoms	Amanda	6:15pm- 7:00pm
CYCLE & TRX	Cortnie	7:15pm- 8:15pm

## MONDAY

CYCLE/ABS	Lois	6:15am- 7:15am
BODY SCULPT	Lois	8:00am- 9:00am
CARDIO/CORE - GENTLE (MPR)	Sarah	9:00am-10:00am
CARDIO/SCULPT	Christy	9:15am-10:15am
PILATESFIT	Christy	10:30am-11:30am
TOTAL BODY WORKOUT	Courtney	12:15pm-12:55pm
YOGA FIT	Courtney	1:00pm- 1:30pm
CARDIO/SCULPT	Nadia	5:30pm- 6:30pm
ZUMBA	Heather	7:00pm- 8:00pm

## TUESDAY

BOOTCAMP	Nicole	6:15am- 7:15am
CARDIO/SCULPT - GENTLE (MPR)	Sheila	9:00am-10:00am
H.I.I.T. (Intense Intervals)	Alt	9:15am-10:15am
PUMPED UP!	Sandy	10:30am-11:30am
PUMPED UP!	Chantal	12:15pm-12:55pm
PILOGA	Mary	1:00pm- 1:45pm
TOP GUNS/ROCK BOTTOMS	Mary	4:15pm- 5:15pm
CYCLE	Sandy	5:30pm- 6:10pm
BODY SCULPT	Sandy	6:15pm- 6:55pm
YOGA FIT	Sandy	7:00pm- 8:00pm

## WEDNESDAY

BODY SCULPT	Lois	6:15am- 7:15am
CYCLE/SCULPT	Lois	8:00am- 9:00am
20-20-20 - GENTLE (MPR)	Suzanne	9:00am-10:00am
YOGA FIT	Rebecca	9:15am-10:15am
ZUMBA	Marina	10:30am-11:30am
STEP	Stacey	12:15pm-12:55pm
TOP GUNS/ROCK BOTTOMS	Andre	1:00pm- 1:45pm
TOTAL BODY WORKOUT	Nicole	5:30pm- 6:30pm
PUMPED UP!	Shelley	7:00pm- 8:00pm

## MONDAY

CYCLE	Mary M	9:15am-10:15am
LIVING FIT	Sandra	9:00am-10:00am
H.I.I.T. (Intense Intervals)	Victoria	12:15pm- 1:00pm
CARDIO	Stacey/Beata	5:45pm- 6:15pm
PUMPED UP!	Stacey/Beata	6:30pm- 7:30pm
CYCLE	Erica	6:30pm- 7:30pm
CAPOEIRA	Daniel	8:15pm- 9:30pm

## TUESDAY

BOOTCAMP	Andre	6:15am- 7:15am
PILOGA	Leni	9:15am-10:15am
AB-SESSION	Shannon	12:15pm- 1:00pm
H.I.I.T. (Intense Intervals)	Alison	5:30pm- 6:10pm
Ab-SESSION	Alison	6:15pm- 6:35pm
CARDIO KICKBOX/TRX	Donna	6:45pm- 7:45pm
CYCLE	Alison	6:45pm- 7:45pm
YOGA FIT	Donna	7:50pm- 8:45pm

## WEDNESDAY

CYCLE	Katherine	9:15am-10:15am
LIVING FIT	Leni	9:00am-10:00am
CYCLE	Shannon	12:15pm- 1:00pm
PUMPED UP!	Courtney	5:55pm- 6:55pm
CYCLE	Erica	6:30pm- 7:30pm
ZUMBA	Angela	7:05pm- 8:05pm
CAPOEIRA	Daniel	8:15pm- 9:30pm

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## THURSDAY

BODY SCULPT	Teresa	8:00am- 8:45am
TRX CIRCUIT	Donna	9:15am-10:15am
PILOGA	Donna	10:30am-11:30am
ZUMBA	Heather	5:00pm- 6:00pm
BOUNCEFIT-POWER	Stephanie	6:00pm- 6:35pm
PUMPED UP	Stephanie	6:45pm- 7:45pm
CYCLE	Michelle R	8:00pm-9:00pm

## FRIDAY

TRX CIRCUIT	Alex	6:15am- 7:15am
PUMPED UP!	Stephanie	9:15am-10:15am
STRETCH OUT	Stephanie	10:30am-11:30am
ON THE BALL	Stephanie	12:15pm-12:55pm

## SATURDAY

CYCLE Challenge	Allison/Michelle R.	7:15am- 8:45am
CARDIO/SCULPT	Patrick/ Staff	9:00am-10:00am
TRX EXPRESS	Patrick/Staff	10:10am-10:50am
TRAMPOLINE workout	Nicole/ Christy	11:00am-11:45am

## SUNDAY

PUMPED UP&Cardio	Stephanie/Sandy	9:15am-10:15am
YOGA FIT	Stephanie/ Sandy	10:30am-11:30am

## THURSDAY

CYCLE	Michelle	6:15am- 7:15am
CARDIO/SCULPT - GENTLE (MPR)	Suzanne	9:00am-10:00am
BOOTCAMP	Stacey	9:15am-10:15am
TOP GUNS/ROCK BOTTOMS	Sheila/Amanda	10:30am-11:30am
CARDIO/SCULPT	Sheila/Amanda	12:15pm-12:55pm
YOGA FIT	Mary	1:00pm- 1:45pm
H.I.I.T. (Intense Intervals)	Amanda	4:15pm- 5:15pm
PUMPED UP!	Amanda	5:30pm- 6:10pm
CYCLE	Andre	6:15pm- 6:55pm
BOOTCAMP	Andre	7:00pm- 8:00pm

## FRIDAY

ATHLETIC WORKOUT	Lois	6:15am- 7:15am
BODY SCULPT	Lois	8:00am- 9:00am
YOGA FIT - GENTLE (MPR)	Rebecca	9:00am-10:00am
STEP/SCULPT	Christy	9:15am-10:15am
PILOGA	Rebecca	10:30am-11:30am
INTERVALS	Mary/Nadia	12:15pm-12:55pm
BODY SCULPT	Mary/Nadia	1:00pm- 1:30pm
CYCLE/SCULPT	Andre	6:00pm- 7:00pm

## SATURDAY

TOTAL BODY WORKOUT	Patty	8:45am-10:00am
PUMPED UP!	Shelley	10:15am-11:15am

## SUNDAY

CARDIO/SCULPT	Alt	8:45am- 9:45am
YOGA FIT	Chantal	10:00am-11:00am

## THURSDAY

BOOTCAMP	Nicole	6:15am- 7:15am
JUST MUSCLE	Leni	9:15am- 9:45am
CARDIO	Leni	9:50am-10:30am
PUMPED UP!	Shannon	12:15pm- 1:00pm
STEP	Barbara	5:45pm- 6:15pm
ABS, BACK AND BALANCE	Barbara	6:20pm- 6:45pm
CYCLE	Alison	6:00pm- 7:00pm
YOGA FIT	Barbara	7:00pm- 8:00pm

## FRIDAY

CYCLE	Alison	9:15am-10:15am
YOGAFIT 55+	Sandra	9:00am-10:00am
H.I.I.T. (Intense Intervals)	Kaleigh	12:15pm- 1:00pm
H.I.I.T. (Intense Intervals)	Beata	6:00pm- 6:30pm
UPPER BODY BLAST	Beata	6:35pm- 7:00pm
PILOGA	Beata	7:10pm- 8:00pm
CAPOEIRA	Daniel	8:15pm- 9:30pm

## SATURDAY

JUST MUSCLE	Kristen	8:45am- 9:15am
CYCLE	Erica	9:15am-10:15am
STEP (PURE)	Kristen	9:20am-10:00am
Ab-SESSION	Erica	10:25am-10:45am

## SUNDAY

TOTAL BODY WORKOUT	Patty/Kristen	9:30am-10:30am
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**EBCC FITNESS CENTRE WILL  
BE CLOSED FOR MAINTENANCE  
FROM JUNE 27-JULY 2**

**FITNESS CENTRE WILL  
RE-OPEN JULY 3**

## CLASS DESCRIPTIONS

Fitness Pass or Single Visit Fitness fees apply. Participants should check with a physician before starting a new exercise program and always work at a pace appropriate to their current fitness level.

Classes are Co-ed, are 30-90 minutes in length with a variety of intensity options for all levels of experience. Limited in your time? Try an "express" class for a quick fitness fix.

Equipment is available on a first come, first serve basis. For Cycling and Pumped Up classes sign up is available 15 min before the class. You must be in the centre to sign up and only one signature per person. Due to popularity, one signature per person.

5 minutes before most classes an instructor is available to help you set up, give tips and answer questions about choosing an appropriate level.

Classes and Instructors are subject to change without notice. Refunds will not be provided. Water filling stations are provided, please bring your own water bottle. You are encouraged to keep hydrated before, during and after your classes.

**Ab-SESSION-** Develop strong abs and back using a variety of techniques and proper form.

**ABS/BACK/BALANCE-** Tone & strengthen your core and improve balance using various types of equipment such as Stability Balls, Bosu, weights & bands.

**ATHLETIC WORKOUT-** Alternate between high & low intensity athletic drills for a fun and challenging combination class designed for the athlete in all of us.

**BATTLE ROPE CIRCUIT-** If your current workout could use a little something extra, consider a battle rope circuit workout. You'll be fit to be tied - in a good way! Improve your cardio, strength & endurance in this high energy class.

**BODY SCULPT-** A total body work out using a variety of equipment to tone, improve muscle strength and endurance.

**BOUNCE FIT - POWER w Kangoo Jumps.** an explosive, highly motivating aerobic program, specifically designed to challenge the whole body by building muscular strength and cardio-respiratory endurance simultaneously.. Basic moves are easy to follow and can be performed with growing complexity and intensity, as you progress. This program suits a broad range of class attendees regardless of fitness level, using Kangoo Jumps rebound shoes to maximize effort, while preventing damaging impact to the joints. Bring your own

boots or they will be available to rent at the Allandale Rec Centre for \$5 per class

**BOUNCEFIT - RHYTHM w Kangoo Jumps :** a safe, energetic, fun and motivating aerobic program taught to music, for all ages and fitness levels. If you love to move and dance you'll love this choreographed cardio class. The program is both functional and motivational, teaching participants effective jump techniques for enhanced enjoyment, while preventing injury thru the use of Kangoo Jumps which act as a shock absorber for your joints. Bring your own boots or they will be available to rent at the Allandale Rec Centre for \$5 per class

**BOUNCEFIT - BOOT CAMP w Kangoo Jumps :** a fun circuit training program that utilizes Kangoo Jumps. This program combines the best of cardio & strength training, and is suitable for participants of all ages & fitness levels. You will work your body from head to toe. You will never get bored of this Fun Challenging Class... Unlike BounceFit Power and Rhythm, BounceFit- Boot Camp does not require the coordination skills for exercise to music. Bring your own boots or they will be available to rent at the Allandale Rec Centre for \$5 per class

**BOOTCAMP-** Challenge yourself in a class that involves intervals of cardio drills, resistance training and calisthenics using your body weight such as push ups and squats.

**CAPOEIRA-** is a fusion of martial arts, dance and gymnastics. The class is accompanied by music, clapping and drums - the sound sets the tempo of the combat of deceptive kicks, sweeps and trips.

**CARDIO-** A variety of class formats and equipment will keep you energized and motivated to build your fitness and burn calories.

**CARDIO/CORE-** A variety of cardiovascular exercises, combined with exercises to strengthen your core (abdominal, back muscles).

**CARDIO RHYTHM-** a fun, high-energy cardio toning class that provides a great workout with a variety of dance inspired styles. Previous experience not required, just a love of moving to music and a willingness to get fit!!

**CARDIO/SCULPT-** Get the best of cardiovascular, muscle conditioning and a full body stretch in one great class. A variety of class formats and equipment will keep you energized.

**CYCLE-** A class on indoor bikes with music. Special shoes not needed. Please bring a water bottle. Space is limited; sign up is available 15 minutes before each class and due to popularity, only one signature per person. Have fun with a variety of drills that feel like you are riding on flat roads, climbing and sprinting at various tempos.

**CYCLE CHALLENGE -** This intense 90 minute cycle class will challenge your strength, endurance & Stamina

**CYCLE/SCULPT-** Cycle class includes muscle conditioning off the bike.

**CYCLE/TRX-** Cycle class includes muscle conditioning using the TRX system.

**H.I.T.T. High Intensity Interval Training**  
A high intensity class of cardiovascular and muscle conditioning intervals. You can get long lasting fat-burning and heart-busting benefits from one great class.

**INTERVALS-** A great workout in this combo class that alternates between and cardio and muscle conditioning exercises using a variety of drills and equipment.

**LIVING FIT-** Enjoy low impact, non jarring workouts that include cardio and muscle toning exercises to improve your stamina, strength, flexibility and balance.

**ON THE BALL-** A combo class using the stability ball to improve cardio, muscle tone, flexibility, balance and posture.

**PILATES FIT-** Focus your breath, strengthen your core and lengthen your body using controlled movements.

**PILOGA-** Piloga is a mixture of Yoga fit and Pilates fit exercises that have been blended together so you can enjoy the best of both in one exhilarating class.

**PUMPED UP-** A group weight training class using a barbell and a variety of weighted plates. Class is similar to working out in a weight room. Space is limited and sign up is available 15 min before class, one signature per person.

**PUMPED UP & CARDIO** Add a variety of cardio styles followed by segments of the pumped up barbell class.

**STEP-** A classic work out emphasizing fun step patterns on an adjustable platform.

**STEP/SCULPT-** class includes abs and muscle toning exercises.

**STRETCH OUT-** Enjoy stretching and bending in classes that encourage flexibility, muscular balance and better posture.

**TOTAL BODY WORKOUT-** Get the best of cardiovascular, muscle conditioning and a full body stretch in one great class. A variety of class formats and equipment are used.

**TOP GUNS/ROCK BOTTOM-** A muscle conditioning class using a variety of equipment to tone, improve muscle tone in the upper and lower body.

**Trampoline Workout-** A low impact, calorie burning workout using mini trampolines. Class consists of Cardio & Muscle conditioning components.

**TRX CIRCUIT-** Challenge your workout with timed interval sets combining cardio drills and TRX body weight exercises.

**TRX EXPRESS -** Engage all your muscles with this non-stop 30 minute TRX circuit workout. Build overall strength, balance and flexibility with this total-body conditioning program. You set the intensity. All Core All The Time!

**UPPER BODY BLAST-** Sculpting exercises will strengthen and tone your chest, shoulders, back, biceps and triceps.

**YOGA FIT-** Using a variety of stretching principles, breathing and relaxation techniques to reduce muscle tension and promote flexibility. Class may include the use of equipment such as yoga balls, stability balls or stretching bands.

**ZUMBA-** Inspired by Latin and International dance, this is a great cardio fitness class with the focus on fun, calorie blasting workouts. This is not a step by step dance class.

**20-20-20-** Great Old School fitness class- 20 minutes of cardio (various formats), 20 minutes of toning, and 20 minutes of stretch. The perfect combination.

**55+ Classes-** Focus on 55+ needs and enjoyment

**GENTLE Classes-** Ideal for older adults looking for a slower pace or people with limited range of motion or reduced mobility.