



Fitness & Aqua Fitness Class Information

Fitness Pass or Single Visit Fitness fees apply.

Classes are Co-ed, are 30-90 minutes in length with a variety of intensity options for all levels of experience.

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.

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.

AQUA FIT CLASSES

AQUA FIT

AQUA BOOT CAMP

AQUA FINNING

**GENTLE WATER
AQUA**

**GENTLE WATER
ARTHRITIS**

55+ AQUA FIT

Water based fitness classes for nonswimmer & swimmers are low impact and joint friendly. Equipment such as pool noodles and foam dumbbells may or may not be used. A variety of intensity options in both the deep and shallow water are provided for all fitness levels.

What is Aqua Boot Camp?
A high energy circuit/interval class

What is Aqua Finning?
A high energy class using fins to tone the hip/thigh/Abs/Back areas. Fins are provided. Participants should be comfortable in deep water

What is Gentle Water Fitness?
Ideal for post rehab participants who have been cleared by their health care professional. The classes focus on range of motion, flexibility and gentle exercises for muscle tone.

GENTLE CLASSES

LIVING FIT

Enjoy low impact, non jarring workouts to improve your stamina, strength, flexibility and balance. All levels welcome, no experience necessary.

MIND&BODY CLASSES

PILATES FIT

PILOGA

YOGA FIT

STRETCH OUT

Enjoy stretching and bending in classes that encourage flexibility, body alignment and muscular balance.

What is Piloga?
A combo class of Pilates Fit and Yoga Fit

MUSCLE CLASSES

ABS ZONE

BODY SCULPT

PUMPED UP**
**only at Allandale

Enjoy strengthening and toning your body in classes that use a variety of exercises and equipment to target specific muscle groups.

What is Pumped Up?
Using a barbell and changeable weights this class will sculpt, tone and strengthen your entire body, fast!

CARDIO CLASSES

AEROBICS

CARDIO KICK BOX

CYCLE

STEP

Have fun improving your heart health in aerobic based classes. Stay motivated, build fitness and burn calories in one of these high energy classes. Class may include some muscle toning.

What is Cycle?
A class on indoor bikes set to high energy music. Special shoes not needed.

What is Step?
A class using a platform to step up and down on using a variety of patterns.

COMBO CLASSES

BOOT CAMP

ATHLETIC WORKOUT

BOUNCE FIT

CARDIO/SCULPT

CYCLE/SCULPT

INTERVALS

ON THE BALL

**TOTAL BODY
WORKOUT**

Get a full body workout in classes that include; Cardio, Muscle and Stretching. A variety of class formats and equipment will keep you energized.

What is Bounce Fit?
A class using mini fitness trampolines