



# Allandale Recreation Centre

As of  
8/8/2022

190 Bayview Drive L4N 4Y8 (705)728-5141

August 6 - September 2, 2022

Schedule and Instructors subject to change without Notice

## FITNESS CENTRE HOURS

Mon-Fri 6:00am - 8:45pm  
Sat & Sun CLOSED

## SWIMMING POOL

Annual Maintenance Closure: Aug 6 - Sep 2, 2022

## FITNESS CLASS SCHEDULE

### MONDAY

VIIT	6:30am-7:15am	Randi
JUST MUSCLE	9:00am-9:55am	Randi
INTERVALS	12:00pm-12:45pm	Judit

### TUESDAY

JUST MUSCLE	7:15am-8:00am	Jocelyn
CARDIO & CORE	9:00am-9:55am	Sandy
PUMPED UP	12:00pm-12:45pm	Sandy

### WEDNESDAY

VIIT	6:30am-7:15am	Randi
CYCLE & SCULPT	9:00am-9:55am	Mary
BODY SCULPT	5:30pm-6:30pm	Wendy

### THURSDAY

YOGA FIT	7:15am-8:00am	Barb N
CARDIO & CORE	9:00am-9:55am	Sandy
PILATES	10:00am-10:45am	Sandy
PUMPED UP	12:00pm-12:45pm	Sandy
BOOTCAMP	6:30pm-7:15pm	Randi

### FRIDAY

T.G.I.F.	6:45am-7:30am	Jocelyn
YOGA FIT	9:00am-9:55am	Sandy

## FITNESS 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 and Instructors are subject to change without notice. Please bring a water bottle to each class. You are encouraged to keep hydrated before, during and after your classes.

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

**🔥🔥 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.

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

**🔥 CYCLE/SCULPT** 20 minutes of indoor cycling followed by muscle conditioning and stretching off the bike. A great introduction to cycle classes and an excellent overall workout. Special shoes not needed. Please bring a water bottle.

**🔥 INTERVALS** - This combo class alternates between cardio and muscle conditioning using a variety of drills and equipment.

**🔥 JUST MUSCLE** – A muscle class using a variety of equipment for muscle toning, strengthening, and endurance.

**🔥 PILATES** - A mixture of Yoga Fit and Pilates Fit exercises that have been blended so you get the best of both. Class may include the use of a mat or towel.

**🔥 PUMPED UP** - A group weight training class using a barbell and a variety of weighted plates. Class is like working out in a weight room.

**🔥 T.G.I.F.** – Your weekend begins here! This class will involve a balance of cardio and muscular conditioning. The format changes weekly by varying the class layout and workout focus.

**🔥🔥 V.I.I.T. Variable Intensity Interval Training**- a high intensity class consisting of cardiovascular and muscle conditioning intervals. You can get long lasting fat-burning and heart-busting benefits from one great class.

**🔥 YOGA** – Combines the breathing and relaxation techniques of Yoga through stretching and bending. This class will work on flexibility, balance, and posture. Class may include the use of equipment such as stretching bands or blocks or similar household items, and a mat or towel.