



DROP IN 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 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.

Bouncefit (Kangoo) classes are offered at Allandale Rec Centre ONLY. Tickets for \$5 boot rental are available at the Customer Service Desk 15 min before the classes.

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 – Focus on form and function of the core plus Balance exercises.

ATHLETIC WORKOUT/ATHLETIC STEP-

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- Improve your cardio, strength & endurance in this high energy class using Battle Ropes.

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

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

BOOTCAMP/ BODY BLAST 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/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/SCULPT- Cycle class including muscle conditioning off the bike.

H.I.T.T. High 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.

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

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

MET CON CLASSES – .Metabolic Conditioning is a high intensity workout completed in a short period of time to challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat.

OLYMPIC WEIGHTLIFTING INTRO- This class is for the beginner weight lifter. You'll learn the basics to the 'Hang Clean' and associated assisted lifts. This will include Hang Clean Pull, Romanian Deadlift, Front Squat, Back Squat, and Push Press.

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 Pilates inspired movements.

PILOGA- A mixture of Yoga Fit and Pilates Fit exercises that have been blended together so you get the best of both.

PIYO - incorporates effective dynamic conditioning, fast-paced cardio yoga-flows and bodyweight resistance strength training to help sculpt your entire body. Get all the benefits of Pilates & Yoga and burn calories all in one 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.

ROWBIC CIRCUIT – A fun class to build up cardio and muscle strength using indoor rowers and other equipment.

SHORT CIRCUIT – A quick workout consisting of timed intervals of cardio drills and strength or body weight exercises using a variety of equipment.

STEP, CORE & MORE – A classic Step class followed by muscle conditioning focused on the abs, back (& more) and a great stretch.

STEP/MUSCLE INTERVALS - This combo class alternates between cardio patterns on the Step and muscle conditioning using a variety of drills and equipment.

STRETCH OUT – Enjoy stretching and bending to encourage flexibility, muscular balance, and better posture.

TABATA BOOTCAMP – A total body workout using timed intervals of high intensity moves for 20 seconds followed by 10 seconds of rest. Push your body to the limit and burn calories.

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 BOTTOMS- A muscle conditioning class using a variety of equipment to tone and improve muscle tone in the upper and lower body.

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

YOGA FIT- Uses 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, those looking for a slower pace or people with limited range of motion or reduced mobility.