



Group Fitness Program Descriptions

Program	Description	Program	Description
<b>5,6,7 Sweat</b>	A beginner to intermediate level class for those who love to move, dance and have fun, incorporating a mix of choreography based cardio, aerobics, light muscular conditioning and stretching.	<b>Pilates</b>	An emphasis is placed on the abdomen and back muscles, focusing on postural realignment.
<b>Barre Fitness</b>	This workout will tone your body and burn fat, all while improving your range of motion and flexibility. Barre classes involve performing small, isometric movements, using your body weight and small dumbbells as well as resistance bands and holding our body positions to "feel the burn" using the barre's for several moves.	<b>RIP</b>	Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness. High reps and great music will push you to a new limit.
<b>Body Fit/Sports Conditioning</b>	A full body workout every week using weights, body weight, intervals. Get ready to sweat!	<b>Sculpt &amp; Tone/ TBS (Total Body Sculpt)</b>	Use of weights, bands and stability balls gives these classes a muscular endurance component, ensuring a total body workout.
<b>Cardio Intervals/ Tabata/CSI</b>	Using HIIT (High Intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method!	<b>Senior Strength and Cardio/Senior Fit</b>	A certified fitness instructor will give you a full body workout, using full range-of-motion and balance exercises providing options and modifications. This class is for the more active senior. The cardio portion of the class is the first half hour followed by an hour of resistance training. Senior Fit is 50 minutes, SS&C is 1.30 minutes approx.
<b>Chair yoga</b>	This gentle chair yoga practice is suitable for anyone. Learn to combine breathing with movement followed by relaxation. Participants develop mobility, strength, balance, and an overall sense of wellbeing. The pain management class will include techniques proven through medical research to support management of pain. Props are limited. You may wish to bring your own pillow or blanket for optimal comfort.	<b>Senior Start Strong</b>	Strength training class for seniors geared to those new or returning to fitness. This class gently incorporates range-of-motion & balance exercises. Chair & standing exercises are included.
<b>Core &amp; Conditioning</b>	Conditioning with controlled movements that help shape, sculpt and tone muscles. Specific focus on core and muscles that assist with everyday balance and strength. This is a traditional step class with all the options you will need for a great workout. Great for those who have experience with classes.	<b>Yoga</b>	Our Yoga program offers a variety of classes each week. We suggest that you try a few classes in order to find the right one for your experience and level. Our skilled instructors offer traditional Hatha Yoga classes including Chair Yoga, Ashtanga, Sivananda, Viniyoga and Healing Yoga styles. Your instructor will take you through a series of poses & postures to improve body alignment, strength & flexibility.
<b>Complete Core</b>	A core strengthening class and intense training for the whole body using different fitness apparatuses to improve core strength, muscles, stability, balance and posture.	<b>Yoga for Cancer Care</b>	This class is specific to addressing the physical and emotional needs left by cancer and its treatments. Our intention is to address the holistic needs of the individual, physical, mental, emotional and spiritual, to foster a balanced state of well-being.
<b>CycleFit</b>	A cycling aerobic workout done on stationary bike. Your instructor will lead you through a series of hills, sprints and drills. Each instructor has their own style so come out and try the variety.	<b>Yoga for Fitness/Power</b>	Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility and relaxation. Options for various levels will be provided by the instructor. Recommended for more intermediate/advanced levels.
<b>Early Bird Bootcamp</b>	Variety, fun and intensity is the name of the game. If you want to be pushed hard, get strong and achieve new fitness goals, this is the class for you. This class is taught by a variety of personal trainers that each bring their own flavour and personal best to make you sweat.	<b>Yogalates</b>	A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga.
<b>Family Zumba</b>	This program is designed for anyone who's looking to get their sweat on either solo or with friends and family. All ages.	<b>Zumba®</b>	A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout.
<b>Foam Rolling</b>	This class focusses on using the foam roller for deep tissue massage to relieve muscle tightness, improve circulation and to release tension.	<b>Strong by Zumba</b>	Strong by Zumba mixes high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout. Discover the athlete within you; feel the force, the energy and get fit!
<b>Gentle Stretch</b>	Be kind to your body. It deserves it. Enjoy 40 or 60 minutes of gentle stretching while improving flexibility.	<b>TaiChi</b>	Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements for the beginner or mediate participants and is a great way to reduce stress.
<b>Jazz Lines (Line Dance)</b>	Jazz Lines is a dance fitness class that incorporates a wide range of music, including jazz, swing, pop and soul. The dance is taught to all four walls; wear shoes to allow you to slide a bit.	<b>Step</b>	A traditional step class with all the options you will need for a great workout. Great for those who have experience with step classes.



## Winter Gymnasium Schedule

This schedule is subject to change based on special events, school breaks (March & Winter) and P.A. Days including: January 31, April 3 and June 5 & 26.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 5:30am - 6:30am		Open Gym 5:30am - 6:30am		Open Gym 5:30am - 6:30am	
	Early Bird Bootcamp 6:30am - 7:15am	Open Gym 5:30am - 9:15am	Early Bird Bootcamp 6:30am - 7:15am	Open Gym 5:30am - 9:15am	Early Bird Bootcamp 6:30am - 7:15am	
Open Gym 7:30am - 9:00am	Open Gym 7:15am- 8:00am		Open Gym 7:15am- 8:00am		Open Gym 7:15am- 8:00am	Open Gym 7:15am- 8:00am
Bootcamp 9:00am-10:00am	Senior Strength & Cardio 8:00am - 9:25am	RIP 9:15am - 10:25am	Senior Strength & Cardio 8:00am - 9:25am	RIP 9:15am - 10:25am	Senior Strength & Cardio 8:00am - 9:25am	Jr. NBA Youth Basketball 9:00am - 2:25pm
Open Gym 10:00am - 12:00pm	Pickleball 9:30am - 12:00pm	Pilates 10:30am - 11:20am	Pickleball 9:30am - 12:00pm	Open Gym 10:30am - 12:00pm	Pickleball 9:30am - 12:00pm	
Available for Rental 12:00pm - 2:00pm	Y-Ball (European Handball) 12:30pm - 2:00pm	Open Gym 11:30am - 4:30pm	Y-Ball (European Handball) 12:30pm - 2:00pm	Pickleball 12:00pm - 2:30pm	Y-Ball (European Handball) 12:30pm - 2:00pm	Open Gym 2:30pm - 8:00pm
Open Gym 2:00pm - 4:15pm	Open Gym 2:00pm - 4:15pm		Open Gym 2:00pm - 4:15pm	Open Gym 2:45pm - 4:15pm	Open Gym 2:00pm - 3:30pm	
Open Gym 2:00pm - 3:00pm	School Age Care 4:15pm - 5:15pm	Youth Basketball Skills 4:30pm - 5:25pm	School Age Care 4:15pm - 5:00pm	School Age Care 4:15pm - 5:10pm	Youth Volleyball Skills 3:45pm - 4:40pm	
Adult Pickleball 3:00pm - 5:00pm	Open Gym 5:30pm - 6:00pm	Youth Badminton 5:30pm - 7:25pm	Youth Sports Sampler 5:00pm - 7:40pm	Youth Soccer 5:10pm - 7:55pm	Youth Volleyball 4:45pm - 6:25pm	
	Family Y Jump Rope 6:00pm-7:00pm	Pathways 7:30pm - 8:30pm	Open Gym 7:45pm - 8:30pm		Youth Basketball Skills 6:30pm - 7:25pm	
Open Gym 5:00pm - 6:30pm	Adult Soccer 7:00pm - 9:00pm	Adult Badminton 8:30pm - 10:30pm	Adult Volleyball 8:30pm - 10:30pm	Adult Basketball 8:00pm - 10:30pm	Adult Soccer 7:30pm - 9:30pm	
Adult Volleyball 6:30pm - 8:00pm	Open Gym 9:00pm - 10:30pm					
Shared Available Space	Drop-In Program	Reserved Program/Rental Space		Registered Programs		



## Empire Life Health and Wellness Studio

Total Life Care (TLC) is a registered program for those who want a monitored exercise program. Research has shown that being social is just as important as exercising; meet, socialize and exercise. All welcome. Please see Program Staff for specific available times or additional information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open to Members 5:30am - 7:30am	Open to Members 5:30am - 7:30am	Open to Members 5:30am - 7:30am	Open to Members 5:30am - 7:30am	Open to Members 5:30am - 7:30am	
Open to Members 7:30am - 8:15pm	Total Life Care TLC Program 7:30am - 4:30pm	Total Life Care TLC Program 7:30am - 3:00pm	Total Life Care TLC Program 7:30am - 4:30pm	Total Life Care TLC Program 7:30am - 3:00pm	Total Life Care TLC Program 7:30am - 4:30pm	Open to Members 7:00am - 7:30am  Total Life Care TLC Program 7:30am - 3:00pm
	Open to Members 4:30pm - 5:45pm	Open to Members 3:00pm - 5:45pm	Open to Members 4:30pm - 5:45pm	Open to Members 3:00pm - 5:45pm	Open to Members 4:30pm - 5:45pm	Open to Members 3:00pm - 8:15pm
	Registered Programming 5:45pm - 7:30pm	Registered Programming 5:45pm - 7:30pm	Registered Programming 5:45pm - 7:30pm	Registered Programming 5:45pm - 7:30pm	Registered Programming 5:45pm - 7:30pm	
	Open to Members 7:30pm - 10:45pm	Open to Members 7:30pm - 10:45pm	Open to Members 7:30pm - 10:45pm	Open to Members 7:30pm - 10:45pm	Open to Members 7:30pm - 9:45pm	

Children under the age of 10 years MUST be accompanied and supervised by an adult (16+)

Reserved for Registered Programming



## Functional Fitness Zone Schedule

Children under the age of 10 years MUST be accompanied and supervised, on the turf, by an adult (16+).

Y Turf Time: Join a certified personal trainer to take you through a circuit style workout that will have you working to your full potential.  
All fitness levels welcome, ages (16+).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Open to Members 5:30am - 7:30am			Adult Registered Program	
					Youth Registered Program	
Open to Members 7:30am - 10:30am	Open to Members 5:30am - 10:00am	Y Turf Time 7:30am - 8:15am	Open to Members 5:30am - 9:00am	Open to Members 5:30am - 9:30am	Open to Members 5:30am - 6:30pm	Open to Members 7:00am - 8:15pm
Y Turf Time 10:30am - 11:15am	Y Turf Time 10:00am - 10:45am		Y Turf Time 9:00am - 9:45am	Y Turf Time 9:30am - 10:15am		
Open to Members 11:15am - 8:15pm	Open to Members 10:45am - 5:30pm	Open to Members 8:15am - 4:15pm	Open to Members 9:45am - 6:30pm	Open to Members 10:15am - 5:00pm	Adult Bootcamp 6:30pm - 7:30pm	
	Y Turf Time 5:30pm - 6:15pm	Work Hard, Eat Well 4:15pm - 5:15pm		FUNctional Fitness for Youth 5:00pm - 6:00pm		
	Open to Members 6:15pm - 10:45pm	Open to Members 5:15pm - 10:45pm	Adult Bootcamp 6:30pm - 7:30pm	FUNctional Fitness for Youth 6:00pm - 7:00pm	Open to Members 6:30pm - 7:30pm	
			Open to Members 7:30pm - 10:45pm	Open to Members 7:00pm - 10:45pm	Open to Members 7:30pm - 9:45pm	