

Effective January 8 - 31, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|--|
| CIRCUIT 6:15 - 7:00am MEL DI | | NEW CYCLE CIRCUIT 6:15 - 7:00am CYNTHIA T | | KETTLEBELL 6:15 - 7:00am HELEN T | | |
| | BOOTCAMP 9:15 - 10:00am STEPH (GYM) DI | YIN YOGA 8:15 - 9:00am PAT DI | KETTLEBELL 9:15 - 10:00am HELEN T | MET CON 9:15 - 10:00am ROBERT DI | BOOTCAMP 8:00 - 8:45am VARIES DI | FAMILY YOGA 11:30-12:15 PM EVERY 4 TH SUNDAY AGES 4+ FREE |
| ZUMBA FITNESS 9:15 - 10:00am JULIA DI | FIT BODIES 9:15am-10:00am KAREN DI | CYCLE 9:15 - 10:00am MAUREEN T | FIT BODIES 9:15 - 10:00am KAREN (GYM) DI | STRETCH 10:15 - 11:00am ANITA DI | YOGA 9:00 - 10:00am SUE DI | CYCLE CIRCUIT 9:00 - 9:45am VARIES T |
| STRETCH 10:15 - 11:00am ANITA DI | Barre 10:15am-11:15am ANITA DI | ZUMBA FITNESS 10:15 - 11:00am JENN DI | PILATES 10:15 - 11:00am ANITA DI | | ZUMBA FITNESS 10:15 - 11:00am VARIES DI | YIN YOGA 10:00 - 11:00am PATRICIA DI |
| BOOTCAMP 6:00 - 6:45 pm KYLE DI | MMA CIRCUIT 6:00pm-6:45pm ROB DI | W.O.D 6:00 - ??? pm ENRICO DI | MMA CIRCUIT 6:00 - 6:45pm ROCKY DI | | <p>Follow us on social media for updates</p> <p> @BWGLEISURECENTRE @BWGLEISURECENTRE @BWGLEISURE</p> | |
| KETTLEBELL 7:00 - 7:45pm HELEN T | ZUMBA FITNESS 7:00pm-7:45pm AURORA DI | Kelani DANCE 7:00 - 7:45pm IOANA (GYM) DI | ZUMBA FITNESS 7:00 - 7:45pm TARA / JULIA (GYM) DI | STRONG BY ZUMBA 6:30 - 7:30pm DANIELA D | | |
| | YOGA 7:00pm-8:00pm SUE (MPR) DI | | NEW POWER YOGA 7:00 - 7:45pm DANIELA DI | | | |
| Kelani SPIRIT 8:00 - 8:45pm IOANA DI | NEW MET CON 8:00 - 8:45pm ROBERT DI | YOGA 8:00 - 9:00pm DANIELA DI | CYCLE 8:00 - 8:45pm ROBERT T | | <p>HOURS OF OPERATION Effective Sept 5th 2017 Mon – Fri 6:00am – 10:00pm Sat – Sun 7:30am – 5:00pm</p> | |

AQUAFITNESS

| | | | | | |
|---------------------------------|--------------------------------|-------------------------------|--------------------------------|---|------------------------------|
| 9:15 – 10:00 am HEATHER T | 10:45 – 11:30 am KAREN T | 9:15 – 10:00 am DONNA T | 10:45 – 11:30 am KAREN T | NEW 10:30 – 11:15 am DONNA T | 8:00 – 8:45 am PENNY T |
| 8:15 – 9:00 pm JANINE T | | 8:15 – 9:00 pm JANINE T | 8:30 – 9:15 pm PENNY T | | |

CHILD MINDING SERVICES

**90 minute maximum/ 6 yrs & under

Effective Jan 2nd

Mon – Fri 9:00am-12:00pm

Mon – Wed 5:45pm-8:00pm

Saturday 8:00am- 11:30am

Member: \$30.00/ 25 pass OR \$3.75/ visit

Non-member: \$4.25/ visit

Please see the Customer Service Desk for more information.

NEW – INDICATES NEW CLASS, TIME OR INSTRUCTOR

T – INDICATES TOKEN REQUIRED















































R (\$) – INDICATES REGISTRATION REQUIRED

DI – INDICATES DROP-IN, NO REGISTRATION REQUIRED

(MPR) – CLASS WILL BE LOCATED IN THE MULTI PURPOSE ROOM

(GYM) – CLASS WILL BE LOCATED DOWNSTAIRS IN THE GYM

– HEART FRIENDLY

| CLASS | DESCRIPTION | Flexibility | Cardio | Strength | Gentle |
|---|---|---|---|---|---|
|  Barre | Barre will mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. |  | |  | |
| BOOTCAMP | This is the perfect workout where both your trainers and fellow participants motivate and challenge you to reach your highest potential. | |  |  | |
| CYCLE | This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training | |  | | |
| CYCLE CIRCUIT | You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or – Alternate between the two. Truly a complete workout. | |  |  | |
| CIRCUIT | Spice up your workouts with this CIRCUIT class. Experience variety, and intensity in this heart pumping, calorie burning class. | |  |  | |
| FIT BODIES | This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility. |  | |  |  |
| GRAVITY/ TRX | Using the Gravity and TRX training systems, -- this circuit based class will incorporate more balance and core stability exercises for all ages! | |  |  | |
|  Kelani® | This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required! | |  | |  |
|  Kelani® SPIRIT | A Polynesian inspired healing journey, where participants are led through a mindful practice of island imagery and visualization, utilizing Yoga and Pilates elements with a dynamic island twist. |  | |  |  |
| KETTLEBELL | A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat. | | |  | |
| MET CON | This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat! | |  |  | |
| MMA CIRCUIT | Mixed Martial Arts is one of the fastest growing sports today! This circuit style class teaches a combination of MMA movements. | |  |  | |
| PILATES | This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination. |  | |  |  |
| POWER YOGA | A powerful, dynamic & sweaty class for all levels designed to challenge, awaken, detoxify & purify every system. This energetic flow style class guides participants to and increased sense of awareness and empowerment. |  | |  | |
| PUMP | This class is designed to help you increase your strength, shape and tone all major muscle groups. Enjoy the benefits of weight training in this high-energy group setting. | | |  | |
| STRETCH | No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it! |  | | |  |
|  STRONG BY ZUMBA | Combines HIIT with synced music motivation. This is not dancing; it's musically synced body weight movements at fast paced rhythms! | |  |  | |
| W.O.D | The science based Workout Of the Day workouts can last anywhere from 10 -20 mins, but sweat is guaranteed! This class may be the challenge you're looking for. | |  |  | |
| YOGA | Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome |  | | |  |
| YIN YOGA | This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body. |  | | |  |
|  ZUMBA FITNESS | Ditch the workout...Join the Party! Dance to latin inspired music, with great people, and burn a ton of calories while having a blast! | |  | | |