


FITNESS GROUP EXERCISE CLASSES

Department of Leisure Services
Phone: 905.775.PLAY (7529) ext. 8601
www.bwgleisurecentre.ca

EFFECTIVE JULY 2ND – SEPT 3RD 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PUMP 6:15am-7:00am TYE DI						
	BOOTCAMP 9:15am-10:00am STEPH (GYM) DI	CYCLE 9:15am-10:00am MAUREEN T	KETTLEBELL 9:15am-10:00am HELEN T	MET CON 9:15am-10:00am ROBERT DI		
 ZUMBA FITNESS 9:15am-10:00am JULIA DI	 FIT BODIES 9:15am-10:00am KAREN DI	 ZUMBA FITNESS 10:15am-11:00am AURORA DI	 FIT BODIES 9:15am-10:00am KAREN (GYM) DI	 STRETCH 10:15am-11:00am ANITA DI	YOGA 9:00am-10:00am SUE DI	CYCLE CIRCUIT 9:00am-9:45am VARIES T
 STRETCH 10:15am-11:00am ANITA DI	 YOGALATES 10:15am-11:15am ANITA DI		 PILATES 10:15am-11:00am ANITA DI		 ZUMBA FITNESS 10:15am-11:00am VARIES DI	 YIN YOGA 10:00am-11:00am PATRICIA DI
					<p style="text-align: center; color: red; font-size: 1.2em;">Follow us on social media for updates</p> <p> @BWGLEISURECENTRE  @BWGLEISURECENTRE  @BWGLEISURE</p> <p>**Participants ages 13+ must show valid ID and minors require parental presence for application of Memberships and Drop-ins</p>	
BOOTCAMP 6:00pm- 6:45 pm KYLE DI	MMA CIRCUIT 6:00pm-6:45pm ROB DI	W.O.D 6:00pm- ??? pm ENRICO DI	MMA CIRCUIT 6:00pm-6:45pm ROCKY DI			
KETTLEBELL 7:00pm-7:45pm ROCKY/ HELEN T	 ZUMBA FITNESS 7:00pm-7:45pm PATSI DI	KELANI DANCE 7:00pm-7:45pm IOANA (GYM) DI	 ZUMBA FITNESS 7:00pm-7:45pm TARA /JULIA (GYM) DI			
	 YOGA 7:00pm-8:00pm SUE (MPR) DI	 SPIN IT OUT 7:00pm-7:45pm MEL / DAVE T	POWER YOGA 7:00pm-7:45pm SAMANTHA DI			
 KELANI SPIRIT 8:00pm- 8:45pm IOANA DI	GRAVITY/ TRX BOOTCAMP 8:00pm-8:45pm ROBERT DI	 YOGA 8:00pm- 9:00pm SAMANTHA/ DANIELA DI	CYCLE 8:00pm-8:45pm ROBERT T			

*Classes, times and instructors are subject to change without notice. Additional set up time may be required prior to class start time.

 - 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
(TRACK) - CLASS WILL BE LOCATED ON THE TRACK  - HEART FRIENDLY

CHILD MINDING SERVICES

**90 minute maximum/ 6 yrs & under

JULY 2ND – SEPT 3TH

Mon – Fri 9:00am-12:00pm

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






















































Non-member: \$4.25/ visit

Please see the Customer Service Desk for more information.

SUMMER HOURS OF OPERATION

JULY 2ND – SEPT 3RD 2017

MONDAY TO THURSDAY 6AM - 10PM
FRIDAY 6AM - 8PM
SATURDAY & SUNDAY 7:30AM – 4PM

CLASS	DESCRIPTION	Fitness	Cardio	Strength	Gentle
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 fun in this 30 minute fun and 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 innovative Gravity and TRX training systems, -- this circuit based class is designed to 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!				
SPIN IT OUT	Enjoy all the benefits of a cycle class in just 30 minutes. Perfect workout if you are short on time!				
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.				
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! This dance class uses high energy, motivating music. So come out and have some fun!	