

Effective Oct 1<sup>st</sup> 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PUMP</b> 6:15 - 7:00am MEL DI		<b>NEW</b> <b>YIN YOGA</b> 8:15 - 9:00am PAT DI				
	<b>BOOTCAMP</b> 9:15 - 10:00am STEPH (GYM) DI	<b>CYCLE</b> 9:15 - 10:00am MAUREEN T	<b>KETTLEBELL</b> 9:15 - 10:00am HELEN T	<b>MET CON</b> 9:15 - 10:00am ROBERT DI	<b>BOOTCAMP</b> 8:00 - 8:45am VARIES DI	<b>FAMILY YOGA</b> 11:30-12:15 PM EVERY 4 <sup>TH</sup> SUNDAY AGES 4+ FREE
<b>ZUMBA</b> FITNESS 9:15 - 10:00am JULIA DI	<b>FIT BODIES</b> 9:15am-10:00am KAREN DI	<b>ZUMBA</b> FITNESS 10:15 - 11:00am JENN DI	<b>FIT BODIES</b> 9:15 - 10:00am KAREN (GYM) DI	<b>STRETCH</b> 10:15 - 11:00am ANITA DI	<b>YOGA</b> 9:00 - 10:00am SUE DI	<b>CYCLE CIRCUIT</b> 9:00 - 9:45am VARIES T
<b>STRETCH</b> 10:15 - 11:00am ANITA DI	<b>NEW</b> <b>Barre</b> 10:15am-11:15am ANITA DI		<b>PILATES</b> 10:15 - 11:00am ANITA DI		<b>ZUMBA</b> FITNESS 10:15 - 11:00am VARIES DI	<b>YIN YOGA</b> 10:00 - 11:00am PATRICIA DI
<b>BOOTCAMP</b> 6:00 - 6:45 pm KYLE DI	<b>MMA CIRCUIT</b> 6:00pm-6:45pm ROB DI	<b>W.O.D</b> 6:00 - ??? pm ENRICO DI	<b>MMA CIRCUIT</b> 6:00 - 6:45pm ROCKY DI		<p><b>Follow us on social media for updates</b></p> <p> @BWGLEISURECENTRE   @BWGLEISURECENTRE   @BWGLEISURE</p>	
<b>KETTLEBELL</b> 7:00 - 7:45pm HELEN T	<b>ZUMBA</b> FITNESS 7:00pm-7:45pm PATSI DI	<b>KELANI DANCE</b> 7:00 - 7:45pm IOANA (GYM) DI	<b>ZUMBA</b> FITNESS 7:00 - 7:45pm TARA /JULIA (GYM) DI	<b>STRONG</b> BY ZUMBA 6:30 - 7:30pm DANIELA DI		
	<b>YOGA</b> 7:00pm-8:00pm SUE (MPR) DI		<b>POWER YOGA</b> 7:00 - 7:45pm SAMANTHA DI		<p>**Participants ages 13+ must show valid ID and minors require parental presence for application of Memberships and Drop- ins</p>	
<b>KELANI SPIRIT</b> 8:00 - 8:45pm IOANA DI	<b>GRAVITY/ TRX BOOTCAMP</b> 8:00 - 8:45pm ROBERT DI	<b>YOGA</b> 8:00 - 9:00pm SAMANTHA/ DANIELA DI	<b>CYCLE</b> 8:00 - 8:45pm ROBERT T			

### 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			
8:15 - 9:00 pm JANINE T		8:15 - 9:00 pm JANINE T	<b>NEW</b> 8:30 - 9:15 pm PENNY T			

### CHILD MINDING SERVICES

\*\*90 minute maximum/ 6 yrs & under

**Effective Sept 5<sup>TH</sup>**

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
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 Gravity and TRX training systems, -- this circuit based class will incorporate more balance and core stability exercises for all ages!				
K <span>elani</span> <sup>®</sup>	This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required!				
K <span>elani</span> <sup>®</sup> SPIRIT	A Polynesian inspired healing journey, where participants are led through a mindful practice of island imagery and visualization, utilizing <b>Yoga</b> and <b>Pilates</b> 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 <b>Metabolic Conditioning</b> 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 an 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 <b>Workout Of the Day</b> 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!				