

# Health & Fitness Schedule

January 3-April 30, 2023



## Childminding

A fun place for your child while you workout.

The Leisure Centre provides a safe, supervised place for your child to play while you participate in any activity in the facility.



**Sign Up Here!**

For children 6 months - 6 years.

- Spaces limited
- Register up to 5 days in advance
- Adult must remain in the facility
- Sick children must not attend
- Cancel up to 12 hours in advance for refund or credit
- **\$4.00/child**

Jan 2- Mar 10\*  
 Mon-Fri & Mar 27- Apr 30\*  
 8:30am-10:15am & 10:15am-12:00pm

\*Excluding statutory holidays.

## Before we welcome you, please review these important tips

### Fitness Safety & Stat holidays:

- When attending any class, please let the instructor know if you are new to exercise or pre/post natal. The goal is to ensure a safe workout.
- Please arrive to class a minimum of 5 minutes beforehand to set up and get comfortable. Late class arrivals will not be accommodated.
- Classes do not run on stat holidays and their weekends including Sat Feb 18, Sun Feb 19, Mon Feb 20, Fri Apr 7, Sat Apr 8, Sun Apr 9 and Mon Apr 10.

Schedule is subject to change.

## Winter/Spring Land & Aqua Fitness

Jan 3-Apr 30, 2023

Pre-book up to 5 days in advance - [www.mission.ca/register](http://www.mission.ca/register)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am		HIIT			TRX Circuit		
8:45-9:30am	Spin		HIIT & Core*	Spin	Aqua Fit Shallow (8:00-8:45)		Spin (8:00-8:45)
9:00-9:45am	Synrgy Circuit ◊					Synrgy Circuit ◊	Vinyasa Yoga (9:00-10:00)
9:15-10:00am	Aqua Fit Shallow	Aqua Fit Shallow	Aqua Fit Shallow	Aqua Fit Shallow	Tone & Sculpt		
10:15-11:00am	TRX Circuit ◊		Chair Fitness Seniors' Centre (9:30-10:15)		Yoga Fusion		
10:30-11:30am	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga			
12:10-12:45pm	Aqua Fit Deep ● (12:15-1:00) \$2 Quick Fit	\$2 Quick Fit		Aqua Fit Deep ● (12:15-1:00) \$2 Quick Fit	\$2 Quick Fit	TRX Circuit	
1:30-2:30pm		Chair Yoga Seniors' Centre (1:15-2:00) Seniors' Fitness Circuit ◊		Seniors' Fitness Circuit ◊			*Held in MLC Gymnasium ◊ Weight Room Classes held in studio or main pool unless stated otherwise.
5:30-6:15pm	Spin (5:45-6:45)	Spin + TRX (5:55-6:45)	Spin	\$2 Quick Fit - HIIT 5:00-5:35 Pilates (5:45-6:30)	Hatha Yoga (5:30-6:30)		The Healthy Lifestyles Program is a joint initiative with the Fraser Health to support adults on their mental wellness journey.
7:00-7:35pm	\$2 Quick Fit - TRX (7:05-7:40)	Core & More (7:00-7:45)	\$2 Quick Fit Core Relaxation Yoga (7:45-8:45)	Synrgy Circuit ◊ (6:45-7:30)			<b>Contact Tanis at <a href="mailto:tbentley@mission.ca">tbentley@mission.ca</a> for more information.</b>

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● 12:15-1:00pm Aqua Fit Deep classes will not run during Spring Break (Mar 13-24, 2023).