

Fitness Schedule

Fall 2018 & Winter 2019

Childminding

A fun place for your child while you work out.

The Leisure Centre provides a safe supervised place for your child to play while you participate in any activity in the facility. Childminding is first-come, first-served for children 6 months to 6 years. The Leisure Centre encourages parents to keep ill children at home.



- Space is limited
- Adult must remain on site
- Registration for 1-6yrs available in advance

\$3.25 per session.

NEW!
Mon-Fri Sep 10 - Dec 20 8:30-11:00am

NEW!
Mon-Fri Jan 7 - Mar 30 8:30-11:00am

MLC - MP#3

Childminding offered over Spring Break!

Prices subject to change with Annual fee increase. No childminding on Fri Nov 23, Sat Nov 24 & Mon Feb 18.

Reservations

Spin, TRX & Yoga

- Six spots per class are made available for over the phone, in-person and NEW online advanced reservations.
- Bookings will be taken 2 weeks in advance & no later than 30 min before the start of the class.
- Spots must be claimed 5 min before the start time of the class or the reservation will no longer be valid. (Spot will be given to someone else.)
- Refunds or credits will not be issued.

Drop-in Fitness

Effective Sep 10 - Dec 22, 2018
& Jan 6 - March 17, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	TRX/Spin	Cross-Spin		NEW! Spin/Core	NEW! TRX/Spin		
6:00-6:45am	Deep Water	Aqua Intense		Aqua Intense	NEW! Aqua Intense		
8:00-8:45am						Aqua Intense	
8:45-9:30am	PUMP	Cross-Train*	Ab Workout	Spin	TRX	TRX Combo (8:00-8:45)	
9:00-9:45am	Aquafit	Aquafit	Aquafit	Aquafit	HIIT Waterfit	Zumba® (9:00-10:00)	
	Deep Water	Water Wellness** (9:15-10:00)	Deep Water Social	Water Wellness** (9:15-10:00)	NEW! Deep Water		
9:15-10:15am	Low Impact*	Stretch & Strength	No Sweat*	Step Combo*	Low Impact*		
9:45-10:30am	NEW! Yoga Dance	NEW! TRX*	NEW! Pilates (9:45-10:35)	NEW! POUND	NEW! HITT		Spin (10:15-11:00)
10:00-10:30am	Silver Circuit ↕ (10:00-10:30)			SYNRGY			
10:45-11:45am	Yoga	Yoga	Yoga	Yoga	Yoga		Yoga (11:30-12:30)
12:10-12:45pm	\$2 Quickfit		\$2 Quickfit		\$2 Quickfit		
5:30-6:15pm	Ab Workout	NEW! SYNRGY Teens ↕ (4:30-5:00)	NEW! Girls Weight Training ↕ 13-16yrs (4:30-5:15)	NEW! Spin for Youth 13-16yrs (4:30-5:15)			
		Spin	NEW! POUND	Spin			
5:30-6:30pm	Yoga*		Yoga*		Yoga (5:30-6:30)		
5:45-6:30pm	Aquafit	HIIT Waterfit	Aquafit	Deep Water			
6:30-7:30	Spin	TRX Circuit	Spin/Strength	R.I.P.E.D (6:30-7:15)			
6:45-7:45			NEW! Dance Fit*		Zumba® ends Dec 21		

*Held in MLC Gym
**Water Wellness runs from 9:15-10am & located in the Leisure Pool
◆ Room MP #4A/B
↕ Weightroom

Classes held in studio or main pool unless stated otherwise.

Fitness Safety

When taking any fitness class, let the instructor know if you are new to group exercise, pre/post natal, suffering from any health conditions or recovering from injury. The goal is to ensure a safe & effective workout.

Due to long weekends, classes do not run on Sep 3, Oct 8, Nov 11, Dec 24, 25, 26 & 31, Jan 1 & Feb 18.