



HEALTH & FITNESS

FALL LAND & AQUATIC FITNESS SCHEDULE Sep 5 to Oct 9, 2023

Register up to five (5) days in advance at mission.ca/register.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|---------------------------------|--|---|---|--------------------------|--|---------------------------|
| 6:00-6:45am | Synrgy Circuit ◊ | TRX Circuit | | HIIT | TRX Circuit | | |
| 8:15-9:00am | Aqua Fit Shallow | Aqua Fit Shallow (9:15-10:00) | Aqua Fit Shallow | Aqua Fit Shallow (9:15-10:00) | Aqua Fit Shallow | | Spin (8:00-8:45) |
| 8:45-9:30am | Spin | | HIIT & Core* | Spin | | | |
| 9:00-9:45am | Synrgy Circuit ◊ | Synrgy Circuit ◊ | Synrgy Circuit ◊ (9:15-10:00am) | Synrgy Circuit ◊ | | Synrgy Circuit ◊ | Vinyasa Yoga (9:00-10:00) |
| 9:15-10:00am | | Foam Rolling ◊ (9:55-10:30) | | Fitness for Life @Bosywk! | Tone & Sculpt | | |
| 10:15-11:00am | TRX Circuit ◊ | | Seniors' Chair Fitness (9:30-10:15) | TRX Circuit ◊ | Yoga Fusion | | |
| 10:30-11:30am | Hatha Yoga | Hatha Yoga | Hatha Yoga | Hatha Yoga | | | |
| 12:10-12:45pm | \$2 Quick Fit | \$2 Quick Fit | | \$2 Quick Fit | \$2 Quick Fit | TRX Circuit (12:00-12:45) | |
| 1:30-2:30pm | | Seniors' Chair Yoga (1:15-2:00) @Bosywk! | | Aqua Fit Deep (12:15-1:00) | | *Held in MLC Gymnasium ◊ Weight Room ! Bosywk - Membership Required Classes held in studio or main pool unless stated otherwise. | |
| | | Seniors' Fitness Circuit ◊ | | Seniors' Fitness Circuit ◊ | | | |
| 5:30-6:15pm | Spin (5:45-6:45) | Spin + Circuit (5:55-6:40) | Spin | Pilates (5:45-6:30) | Hatha Yoga (5:30-6:30pm) | The Healthy Lifestyles Program is a joint initiative with the Fraser Health to support adults on their mental wellness journey. Contact Tanis at tbentley@mission.ca for more information. | |
| 7:00-7:45pm | \$2 Quick Fit - TRX (7:05-7:40) | Core & More | Body Conditioning (7:00-7:35) Relaxation Stretch (7:45-8:30) | Synrgy Circuit ◊ (6:45-7:30) Aqua Fit Deep (8:15-8:50) | | | |

Schedule is subject to change without notice. Drop-in rates apply or are included in your membership.

No Aqua Fitness classes Sep 5 to 17 due to annual pool closure.

Classes do not run on stat holidays and their weekends:

- Sep 30-Oct 1& Oct 7-9



Find out more about Drop-In programs!

mission.ca/schedulesandrates

Class Descriptions

POOL

Aqua Fitness Shallow

A low-impact class and total body workout! Those with arthritis may find this program effective and fun (may attend from the deep end, if desired).

Aqua Fitness Deep

It's a total body workout in the deep end of the pool that targets all major muscle groups while being easy on joints. Buoyancy belts are available.

STUDIO / GYMNASIUM

Body Conditioning

A full body workout using a mixture of body bars, lighter dumbbells (higher reps), resistance bands and cardio movies!

\$2 Quick Fit

Enjoy a variety of exercises to give you an effective and condensed workout in just 35 minutes over your lunch hour! Warm-up beforehand if you have the time.

HIIT

High-intensity interval training (HIIT) workouts are a popular and involve exerting your maximum energy during short periods of time including both cardio and strength.

Spin

Spin classes are a great time! Motivating and high-energy while burning calories, building muscle and relieving stress on our Keiser spin bikes.

Spin + Circuit

A 40-minute class broken down into half cardio training on the spin bike and half muscular strength/endurance off the bike.

TRX Circuit

Get a total body workout on the TRX Suspension trainer. No experience necessary but be prepared to progress slowly through the movements/exercises to ensure results.

Core & More

Core conditioning is so much more than just abdominal crunches! Enjoy new exercises that can help improve posture and build strength to take on life head-on!

HIIT & Core

Interval training routine to improve muscle tone and cardiovascular health. This high intensity class will challenge your strength and endurance!

Tone & Sculpt

Use hand weights and resistance bands to challenge muscular endurance with a wide variety of exercises and ranges of motion. Push your limits and reap the rewards!

Relaxation Stretch

Unwind and replenish your energy. This class will have you holding stretches to help lengthen muscles and calm the nervous system.

\$2 Quick Fit - TRX

TRX suspension training using body weight exercises to develop strength, balance, flexibility and core stability leaving you feeling strong and accomplished!

WEIGHT ROOM

Syrngy Circuit

The circuit includes strength, endurance, agility, plyometrics and core conditioning (warm-up on your own!). Located in the Weight Room.

TRX Circuit

Test your strength in a whole new way! No experience necessary but be prepared to progress slowly through the movements/exercises to ensure optimal results.

Foam Rolling

Stretch and roll tired or sore muscles to help flexibility, relax tight areas and increase blood flow. Participants must be comfortable getting to and from the floor.

YOGA & PILATES

Yoga - Hatha

Enjoy a total body stretch while tuning into your breath work, posture, and mood. This session is sure to help you start your day on the right foot!

Yoga Fusion

Yoga + Pilates + Core Conditioning = Yoga Fusion. Be prepared to work hard and enjoy improving muscular endurance, range of motion and posture.

Vinyasa (Flow) Yoga

Raise your heart rate and challenge your strength with quick sequencing designed to keep you moving. A relaxing savasana will be provided at the end of practice.

Pilates

Mat Pilates means no reformer is used. In this class, you hold movements like planks, side planks, and core exercises to build muscles and core strength.

OLDER ADULTS

Seniors' Fitness Circuit

Experience a new type of workout each week to keep your body transforming. No experience necessary. Participants ages 50+ are welcome to attend!

Fitness for Life!

A low-impact fitness class focusing on enhancing flexibility, strength, endurance and coordination using light weights and chairs as needed. All levels of fitness welcome!

Seniors Chair Fitness

Seated (or not) chair exercise to improve muscular endurance and coordination. Enjoy a fun workout routine each week! No experience necessary.

Seniors Chair Yoga

Seated (or not) chair yoga. Ideal for all fitness levels and abilities. This all-levels class will include modifications so that every pose can be achieved by all.

Join us in the weight room!

- Book a one-time orientation time with us
- Book a personal training session
- Register for the Teen Intro to Weight Training
- Come for a workout!

Weight Room Hours

| | |
|---------------|-----------------|
| Mon-Fri | 5:30am - 9:00pm |
| Sat-Sun | 7:00am - 8:00pm |
| Stat Holidays | 8:30am - 4:30pm |

Hours listed above are for youth 16+ years.

Teen Weight Room Hours

| | |
|---------|-----------------|
| Mon-Fri | 3:00pm - 5:00pm |
| Sat-Sun | 1:00pm - 3:00pm |

Hours listed above are for youth 13-15 years, with or without an orientation.

Youth ages 13-15 years are permitted to use the weight room outside of teen hours if attending with adult/19+ years supervision or have taken the Teen Intro to Weight Training course.

Single admission rates or Leisure Pass rates are available. Find your best fit!

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.
- Classes welcome users ages 13+.
- 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 Sep 30-Oct 1 & Oct 7-9.
- Schedule is subject to change without notice.

Join us for Discount
Weight Room on Sundays!

\$2 from 10:15am-12:15pm