

## Call-In Drop-In Land Fitness Schedule **Effective: Sep 14-Dec 31**



You must call-in and reserve your spot the day before starting at 9:00am. Space is limited... so don't delay, register today! **NO CLASS OCT 12, NOV 11, DEC 24, 25 AND 31.** Instructors, schedule and class sizes may change without notice. The classes below have a **12-hour** cancellation policy.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:55-10:10am	Mixed Impact			Cardio Sculpt	
9:00-9:45am		Body Step Fun	Wed Toner		
9:00-10:00am					Body Moves
10:00-11:00am		Power Yoga		Power Yoga	
10:30-11:15am	Spin Express				Spin Express
11:45am-12:30pm			Spin Express		
5:30-7:30pm					Ki Aikido
5:15-6:15pm	Flow Yoga			Yoga	
6:15-7:15pm			Happy Wed Yoga		
7:15-8:00pm			30/30 Spin/Circuit		

### DESCRIPTIONS:

- Mixed Impact:** A balanced mix of high and low impact moves.
- Body Step Fun:** A variety of equipment with a step.
- Body Moves:** Energizing, full body workout.
- Cardio Sculpt:** Using a variety of equipment such as steps, balls and bands.
- Wed Toner:** Sculpt and build lean muscle. Focuses on isolation exercises with free weights and resistance, ending with abs.
- Ki Aikido:** This defensive art develops stability and confidence.

- Spin Express:** Start pedaling in this fun 45-minutes spin class!
- Power Yoga:** A full body yoga workout.
- Flow Yoga:** A variety of movements and core sequences
- Happy Wed Yoga:** Easy relaxing breath work and poses.
- Yoga:** Alignment based class building strength and flexibility.
- 30/30 Spin/Circuit:** Class involves using a stationary spin bike for 30-minutes followed by endurance, strength and intervals circuit training.

**PERSONAL TRAINING: Looking for a personal trainer? Please call for 778-797-7665 for more information and let our professionals get you started!**

**Covid-19 Physical Distancing, safety and sanitization protocols in place.**

JOHNSON BENTLEY  
MEMORIAL AQUATIC CENTRE

778-797-POOL

## Weight Room (UNSUPERVISED)



Call in and reserve one hour in our weight room. **MUST CALL IN THE DAY BEFORE TO REGISTER, starting at 9:00am.**

Space is limited... so don't delay, register today!  
**Equipment availability is subject to change without notice.**  
 10 Atlantis weight stations, 2 elliptical, 2 treadmills, 1 recumbent bike, 1 max trainer, Ab coaster.

**Please do not arrive early for your reserved time. Participants must bring his/her own water bottle and are required to maintain social distancing.**

See page 11 for Weight Room booking times.

**M-F 6:00am-7:00pm (Last Booking 6:00pm)**

**Sa/Su 9:00am-2:30pm (Last Booking 1:30pm)**

**Stat Days / Holiday Weekends  
 Noon-1:00pm  
 1:30pm-2:30pm**

**Space is limited due to physical distancing requirements.**

**Our Weight Room equipment is split up into two rooms and all machines are appropriately spaced apart to allow for social distancing requirements.**

**Must reserve the day before for orientations.**

### ORIENTATION TIMES:

Please bring a towel, indoor workout shoes and **BE PREPARED TO PARTICIPATE.** This 45-minutes orientation will show you the safe and correct usage of the equipment prior to using the Weight Room.

Please call the Front Desk to schedule an orientation, 778-797-POOL.