

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



You must call-in and reserve your spots starting on Friday at 8:30am for the upcoming week. 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 |
|-----------------|--------------------|---------------|--------------------|--------------------|--------------|
| 7:45-8:30am | Early Bird Fitness | | | Early Bird Fitness | |
| 8:45-9:30am | | Body Step Fun | Wed Toner | | Body Moves |
| 8:55-10:10am | Mixed Impact | | | Cardio Sculpt | |
| 10:15-11:00am | | Power Yoga | | Power Yoga | |
| 10:30-11:15am | Spin Express | | | | Spin Express |
| 11:45am-12:30pm | | | Spin Express | | |
| 5:00-7:00pm | | | | | Ki Aikido |
| 5:15-6:00pm | Flow Yoga | | | Yoga | |
| 6:15-7:00pm | | | Happy Wed Yoga | | |
| 7:15-8:00pm | | | 50/50 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.
- 50/50 Spin/Circuit:** Class involves using a stationary spin bike for 30-minutes followed by endurance, strength and intervals circuit training.
- Early Bird Fitness:** Cardio with a mixed variety of strength activities.

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 TO RESERVE YOUR SPOTS STARTING ON FRIDAY AT 8:30AM FOR THE UPCOMING WEEK.**

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)

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.