

Call-in & Reserve Land Fitness Schedule Effective: Feb 26-Jul 2

You must **Call-in & Reserve** your spot starting on **Fridays at 8:30am** for the upcoming week. (Online Reservation available Mar 5). Space is limited... so don't delay, reserve today! If you are unable to make it to your reserved time, please call us as soon as possible so we can give the spot to another waiting customer.



NO CLASS APR 2, 5 AND MAY 24. Instructors, schedule and class sizes may change without notice.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15am			New! Strength & Mobility		
7:45-8:30am	Early Bird Fitness			Early Bird Fitness	
8:45-9:30am			Wed Toner		
8:45-9:45am		Step & Strength			Body Moves
8:55-10:10am	Mixed Impact			Sculpt	
5:30-6:15pm			Happy Wed Yoga		
5:30-7:30pm					Ki Aikido

DESCRIPTIONS:

Mixed Impact: A balanced workout.

Step and Strength: A variety of equipment with a step.

Sculpt: Using a variety of equipment such as step, balls and bands.

Wed Toner: Sculpt and build lean muscle. Focuses on isolation exercises with free weights and resistance, ending with abs.

Early Bird Fitness: A mixed variety of strength exercises.

Body Moves: A full body workout.

Ki Aikido: This defensive art develops stability and confidence.

Happy Wed Yoga: Easy relaxing breath work and poses.

New! Strength & Mobility: Improve strength and balance. Created for the Mature Adults.

Space is limited due to physical distancing requirements.

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

There is a charge for any Call-In & Reserve no shows. Online withdrawal is available.

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Weight Room (UNSUPERVISED)



Starting Fridays at 8:30am, you must reserve (phone/in-person only) up to a max of two one-hour bookings 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, are required to maintain social distancing and MUST wipe down used equipment. The Weight Room will be regularly cleaned and sanitized.

M-F 6:00-7:00am
7:15-8:15am
8:30-9:30am
9:45-10:45am
11:00am-Noon
Noon-12:30pm CLEANING
12:30-1:30pm
1:45-2:45pm
3:00-4:00pm
4:15-5:15pm
5:30-6:30pm
6:45-7:45pm

Sa-Su 9:00-10:00am
10:15-11:15am
11:30-12:30pm
12:45-1:45pm
2:00-3:00pm
3:15-4:15pm
4:30-5:30pm (starts Apr 10)
Holiday Hours (Apr 2-5 & May 22-24)
Noon-1:00pm
1:30-2:30pm
3:00-4:00pm

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-minute 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.

All group fitness classes have been modified to meet the Health and Safety requirements of the Provincial Health Officer.