

November 2021

Monday, Wednesday & Friday 7:00 AM - 8:00 PM
 Tuesday & Thursday 6.15 AM - 8.00 PM
 Saturday & Sunday 9:00 AM - 4:00 PM
 Remembrance Day, Nov. 11th 9:00 AM—4:00 PM
 * No Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP CLASS 8:30 - 9:30 Martha		CLUB CARDIO 8:30 - 9:30 Martha	AQUACIZE 8:40-9:25 Vito		
AQUACIZE 9:00--9:45 Elaine	STRETCH & TONE 9:45-10:45 Martha	AQUACIZE 9:00-9:45 Martha	STRETCH & TONE 9:45-10:45 Martha	AQUACIZE 9:40-10:25 Vito	NEW! HATHA YOGA 9:15-10:15 Susan	GENTLE FLOW YOGA 9:15-10:15 Susan
STRONG FOR LIFE 9:15-10:15 Kevin		STRONG FOR LIFE 9:15-10:15 Kevin		INTERVAL STEP AEROBICS IT'S BACK! 9:00 -10:00 Martha		NEW! TABATA 9:30-10:30 Shanan
		NEW! BOOTCAMP 10:30-11:30 Kevin		GENLE FLOW YOGA 9:30-10:30 Susan	Class Fees: Member Drop-in: \$12 plus gst 10 pack: \$100 plus gst 20 pack: \$160 plus gst	
IT'S BACK! TAI CHI 4:00 -5:00 Jarvis	NEW! YIN YOGA 5:00-6:00 Susan			NEW! ESSENTRICS 10:15-11:15 Judie		

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, We will remember them.

~ Laurence Binyon



POOL SCHEDULE						
MON	TUES	WED	THU	FRI	SAT	SUN
7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult		
11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	9:00-12:00 Adult	9:00-12:00 Adult
1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	12:00-4:00 All Welcome	12:00-4:00 All Welcome
3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	* Pool is closed to lap swimming during water classes *All welcome applies to stat holidays	
7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult		

*Class times and pool schedule subject to change without notice

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Strong For Life (L1-3)

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality!

Club Cardio (L-3)

Come "Move with Martha" in this follow along cardio workout that fuses fun and high energy music to get you sweating and feeling great! This easy-to-follow class welcomes all fitness levels so come and join in the fun.

Essentrics (L1-3) **NEW!**

Essentrics is a full body workout that rapidly changes the shape of your body through dynamic and fluid combination of strengthening and stretching which rebalances the body, prevents and treats injuries and unlocks tight joints. By developing strong, lean muscles, the technique helps improve your posture. This class is equipment free and perfect for anyone at any fitness level. You will feel energized and youthful!

Tai Chi (L1-3)

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance, and find your harmony with body, mind and spirit.

Gentle Flow Yoga (L1-3)

Gentle Flow is a beautiful practice, designed to gracefully move through vinyasas with controlled power. This class is geared toward those new to their practice, or those wanting a more gentler flow. The class will focus on simple flows focusing on alignment, strength, balance and flexibility.

*****Please bring your own equipment*****

Hatha Yoga (L1-3) **NEW!**

Hatha yoga moves you through various poses at a pace that allows you to focus on your breathing and proper alignment. This class will help improve your balance, strength, and reduce anxiety and you will leave the class feeling relaxed and centered.

Step Aerobics (L2-3)

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping.

Tabata (L2-3) **NEW!**

Tabata style training focuses on multi-joint exercises that make you work hard for a period of time and then short rests in between. Tabata is a cardio workout that is a full body workout which will make you sweat and have fun all at the same time!

Interval Step Aerobics (L1-3)

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

Stretch 'n Tone (L1-3)

This popular class will allow you to work at your own fitness level, increase your core strength, and improve your balance and flexibility, while having fun at the same time!

Boot Camp (L2-3) **NEW!**

An intense, calisthenics-based, whole body workout designed to build strength and stamina. The class includes a variety of exercises and various pieces of equipment

Aquacize (L1-L3)

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

Yin Yoga (L1-3) **NEW!**

Yin Yoga is a quieter practice often done on the floor that works deeper into your body, with longer held poses. This class improves circulation, energy flow and flexibility by targeting areas such as joints, ligaments. You will feel calmer with a deeper sense of relaxation.

Great for people new to yoga.

GUIDE TO LEVELS

Level 1
Easy, low intensity

Level 2
Moderately challenging

Level 3
Challenging