

DROP IN RECREATION FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - 2017

EFFECTIVE - December 1, 2017 - December 21, 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TABATA 9:10 am - 9:50 am MULTI PURPOSE ROOM	SPIN 6:10 am - 6:50 am SPIN BAR	TABATA 9:10 am - 9:50 am MULTI PURPOSE ROOM	SPIN 6:10 am - 6:50 am SPIN BAR	H.I.I.T. 9:10 am - 9:50 am MULTI PURPOSE ROOM	
	EASY STRETCH 10:10 am - 10:50 am MULTI PURPOSE ROOM	SPIN 9:10 am - 9:50 am SPIN BAR	MOM & BABY/ TOT STROLLER BOOTCAMP 10:00 am - 10:45 am AFFINITY PLACE TRACK	SPIN 9:10 am - 9:50 am SPIN BAR		
			EASY STRETCH 10:10 am - 10:50 am MULTI PURPOSE ROOM			
EVENING						
DEEP WATER FITNESS 8:00 pm - 8:45 pm	TABATA 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	SPIN 5:30 pm - 6:10 pm SPIN BAR	CIRCUIT 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	SPIN 5:30 pm - 6:10 pm SPIN BAR		
	AQUAFIT 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE		AQUAFIT 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE	AQUAFIT 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE		
WEIGHT ROOM						
OPEN 9:00 am - 9:00 pm	OPEN 6:00 am - 10:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 10:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 9:00 am - 9:00 pm
<p>SPIN CLASS is a pre-register class but extra spots may be available for drop -in registration. You can confirm your spot by pre-registering at www.estevan.ca or at the Information Desk. 306-634-1888.</p>						

Must be 16 years of age to participate in fitness classes and have a completed Par-Q Questionnaire prior to participating in classes. The questionnaire lets our fitness instructors determine abilities and needs of each participant.

Don't see what you are looking for?
Do you have an idea for something we should try?
Please contact the Recreation Program Coordinator
at **306-634-1880.**
We would love to hear your ideas!



Schedule Subject to Change. Please visit www.estevan.ca for updates on closures and cancellations. Proper footwear and exercise wear is required to participate. Please note during school breaks, (Teachers Convention, Spring Break and Christmas Break) Fitness, Aquatic Centre and Arena schedules may vary. Please visit our live schedules at www.estevan.ca

CITY OF
Estevan

DROP IN RECREATION FITNESS ACTIVITIES

ESTEVAN LEISURE CENTRE - 2017

Drop-In Descriptions	
ACTIVITY	DESCRIPTION
ADULT	
AQUAFIT (must be 16 years of age)	Adapted land step class for the water. Cardio fitness and balance benefits plus strength benefits moving against the water's resistance. Drop in fee (daily pass).
CIRCUIT (must be 16 years of age)	Hit every muscle group as you burn calories zipping through stations of different exercises and fitness equipment from the BOSU to jump ropes! Drop in fee (daily pass).
DEEP WATER FITNESS (must be 16 years of age)	An intense deep water class that incorporates cardiovascular fitness, core strengthening and toning. Participant swimming skills not required, but have to be comfortable moving in deep water. Flotation equipment will be provided. Drop in fee (daily pass).
EASY STRETCH (must be 16 years of age)	Stretching is one of the most important elements of maintaining a balanced, healthy, and strong body, but all too often it gets left out at the end of a long and tiring workout. Come warmed up - relax, unwind, and combat muscle tightness in this 40 minute class. Drop in fee (daily pass).
H.I.I.T. (must be 16 years of age)	(High Intensity Interval Training) HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy day gets started. Modifications for all fitness levels are provided. Drop in fee (daily pass).
MOM & BABY/ TOT STROLLER BOOTCAMP (must be 16 years of age)	Stroller Bootcamp for Moms and Babies/Tots includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Benefit from the camaraderie of other moms in your community while getting in a high intensity full body workout. Drop in fee (daily pass).
SPIN (must be 16 years of age)	Outdoor cycling workout indoors, designed for 'new recruits' and 'veteran riders.' Designed to enhance endurance and strength, the cardiovascular benefits are fantastic! Your experienced instructor will professionally fit you to your bike and guide you toward a super-energizing workout set to uplifting music. Pre-register online at www.estevan.ca or at the information desk. Drop in may be available depending on availability.
TABATA (must be 16 years of age)	This amazing, non-stop, 'never get bored' workout is climbing to the top of the charts as being the BEST fat burning workout ever. You will push through 20 second intervals of high intensity cardio/strength exercise followed by 10 seconds of rest, just enough to catch your breath. The series repeats 8 times, then onto another set of exercises. Get in the best shape of your life! Drop in fee (daily pass).

www.estevan.ca

306-634-1888

701 Souris Avenue North

