

DROP IN RECREATION FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - 2018

EFFECTIVE - February 5 - 28, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GRIT 9:10 am - 9:50 am MULTI PURPOSE ROOM	SPIN 6:10 am - 6:50 am SPIN BAR	GRIT 9:10 am - 9:50 am MULTI PURPOSE ROOM	SPIN 6:10 am - 6:50 am SPIN BAR	AQUA AWE 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	
	AQUA AWE 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	AQUA AWE 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	AQUA AWE 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	AQUA AWE 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	GRIT 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	EASY STRETCH 10:10 am - 10:50 am MULTI PURPOSE ROOM	SPIN 9:10 am - 9:50 am SPIN BAR		
		MOM & BABY AQUA FIT 10:15 am - 11:00 am RM OF ESTEVAN AQUATIC CENTRE	MOM & BABY/ TOT STROLLER BOOTCAMP 10:15 am - 11:00 am AFFINITY PLACETRACK			
EVENING						
DEEP WATER POWER 8:00 pm - 9:00 pm RM OF ESTEVAN AQUATIC CENTRE	GRIT 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	SPIN 5:30 pm - 6:10 pm SPIN BAR	GRIT 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	SPIN 5:30 pm - 6:10 pm SPIN BAR		
	AQUA STEP 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE		AQUA STEP 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE	AQUA STEP 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
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 .						

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



DROP IN RECREATION FITNESS ACTIVITIES

ESTEVAN LEISURE CENTRE - 2018

Drop-In Descriptions

ACTIVITY	DESCRIPTION
ADULT	
AQUA AWE (must be 16 years of age)	Aqua AWE features impact free exercises designed to improve balance, agility, posture, flexibility and core strength. Facility Daily Pass Required.
AQUA STEP (must be 16 years of age)	Moderate to intense step class in the pool. Cardio based class, spending time on the aqua steppers and finishing each day with a moderate interval workout using the pool noodles and dumbbells to focus on tightening of the core, arms and legs. Facility Daily Pass Required.
DEEP WATER POWER (must be 16 years of age)	An intense power 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. Floatation equipment will be provided. Facility Daily Pass Required.
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. Facility Daily Pass Required.
GRIT (must be 16 years of age)	(Group Interval Training) A moderate to advanced workout incorporating steps, weights, and bands that emphasize aerobic, interval, resistance and strength training. It's tabata, pyramids, or AMRAPs. You'll work for 10 seconds to 3 minutes to your fitness level; get a well deserved break, and do it all over again! Facility Daily Pass Required.
MOM & BABY AQUA FIT (must be 16 years of age)	Ease back into fitness & introduce your baby to the water. You and your baby will be lead through 45 minutes of cardio and muscular endurance while incorporating your baby through song and movement. Babies should be 6-24 months. Facility Daily Pass Required.
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. Facility Daily Pass Required.
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.

www.estevan.ca

306-634-1888

701 Souris Avenue North

