

# DROP IN RECREATION FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - 2018

EFFECTIVE - January 8 - 27, 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>GRIT</b> 9:10 am - 9:50 am MULTI PURPOSE ROOM	<b>SPIN</b> 6:10 am - 6:50 am SPIN BAR	<b>GRIT</b> 9:10 am - 9:50 am MULTI PURPOSE ROOM	<b>SPIN</b> 6:10 am - 6:50 am SPIN BAR	<b>AQUA SWIM</b> 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	
	<b>AQUA SWIM</b> 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	<b>SPIN</b> 9:10 am - 9:50 am SPIN BAR	<b>AQUA SWIM</b> 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE	<b>SPIN</b> 9:10 am - 9:50 am SPIN BAR	<b>GRIT</b> 9:10 am - 9:50 am MULTI PURPOSE ROOM	
	<b>EASY STRETCH</b> 10:10 am - 10:50 am MULTI PURPOSE ROOM		<b>MOM &amp; BABY/ TOT STROLLER BOOTCAMP</b> 10:15 am - 11:00 am AFFINITY PLACE TRACK	<b>AQUA SWIM</b> 9:00 am - 9:45 am RM OF ESTEVAN AQUATIC CENTRE		
			<b>EASY STRETCH</b> 10:10 am - 10:50 am MULTI PURPOSE ROOM			
EVENING						
	<b>GRIT</b> 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	<b>SPIN</b> 5:30 pm - 6:10 pm SPIN BAR	<b>GRIT</b> 5:15 pm - 6:00 pm MULTI PURPOSE ROOM	<b>SPIN</b> 5:30 pm - 6:10 pm SPIN BAR		
	<b>AQUAFIT</b> 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE		<b>AQUAFIT</b> 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE	<b>AQUAFIT</b> 5:15 pm - 6:00 pm RM OF ESTEVAN AQUATIC CENTRE		
WEIGHT ROOM						
<b>OPEN</b> 9:00 am - 9:00 pm	<b>OPEN</b> 6:00 am - 10:00 pm	<b>OPEN</b> 6:00 am - 9:00 pm	<b>OPEN</b> 6:00 am - 10:00 pm	<b>OPEN</b> 6:00 am - 9:00 pm	<b>OPEN</b> 6:00 am - 9:00 pm	<b>OPEN</b> 9:00 am - 9:00 pm
<p><b>SPIN CLASS</b> is a pre-register class but extra spots may be available for drop -in registration. You can confirm your spot by pre-registering at <a href="http://www.estevan.ca">www.estevan.ca</a> or at the Information Desk. <b>306-634-1888</b>.</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](http://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](http://www.estevan.ca)



# DROP IN RECREATION FITNESS ACTIVITIES

ESTEVAN LEISURE CENTRE - 2018

## Drop-In Descriptions

ACTIVITY	DESCRIPTION
<b>ADULT</b>	
<b>AQUAFIT</b> (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. <b>Drop in fee (daily pass).</b>
<b>AQUASWIM</b> (must be 16 years of age)	Light to moderate pool workout involving exercises with noodles, dumb bells, and flutterboards focusing on range of motion and light strength training. <b>Drop in fee (daily pass).</b>
<b>EASY STRETCH</b> (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. <b>Drop in fee (daily pass).</b>
<b>GRIT</b> (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! <b>Drop in fee (daily pass).</b>
<b>MOM &amp; BABY/ TOT STROLLER BOOTCAMP</b> (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. <b>Drop in fee (daily pass).</b>
<b>SPIN</b> (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. <b>Pre-register online at <a href="http://www.estevan.ca">www.estevan.ca</a> or at the information desk. Drop in may be available depending on availability.</b>

[www.estevan.ca](http://www.estevan.ca)

306-634-1888

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