

DROP IN RECREATION FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - 2019

EFFECTIVE - April 1 - 18, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GRIT 6:10 am - 6:50 am	SPIN 6:10 am - 6:50 am	GRIT 6:10 am - 6:50 am	SPIN 6:10 am - 6:50 am	GRIT 6:10 am - 6:50 am	
	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	
	GRIT 9:10 am - 9:50 am	SPIN 9:10 am - 9:50 am	GRIT 9:10 am - 9:50 am	SPIN 9:10 am - 9:50 am	GRIT 9:10 am - 9:50 am	
	EASY STRETCH 10:10 am - 10:50 am	SCULPT 10:10 am - 10:50 am	EASY STRETCH 10:10 am - 10:50 am	SCULPT 10:10 am - 10:50 am	EASY STRETCH 10:10 am - 10:50 am	
	SCULPT 11:00 am - 11:40 am	TWINGES & HINGES 10:00 am - 11:00 am	SCULPT 11:00 am - 11:40 am	TWINGES & HINGES 10:00 am - 11:00 am		
	MOM & BABY AQUAFIT 11:15 am - 12:00 pm	MOM & BABY/TOT STROLLER BOOTCAMP 11:15 am - 12:00 pm	MOM & BABY AQUAFIT 11:15 am - 12:00 pm	MOM & BABY/TOT STROLLER BOOTCAMP 11:15 am - 12:00 pm		
		SCULPT LIGHT 1:10 pm - 1:50 pm		SCULPT LIGHT 1:10 pm - 1:50 pm		
EVENING						
DEEP WATER POWER 8:00 pm - 9:00 pm	AQUASTEP 5:15 pm - 6:00 pm	SPIN 5:30 pm - 6:10 pm	AQUASTEP 5:15 pm - 6:00 pm	AQUASTEP 5:15 pm - 6:00 pm		
	GRIT 5:30 pm - 6:10 pm	GRIT 6:00 pm - 6:45 pm	GRIT 5:30 pm - 6:10 pm	SPIN 5:30 pm - 6:10 pm		
			CARDIO BOOT CAMP 6:15 pm - 7:00 pm	GRIT 6:00 pm - 6:45 pm		
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 has changed to a Drop In Program that is included in your Facility Membership/Daily Pass. If you would like to reserve a bike, the cost is \$5/class for Facility Membership holders. For non-members, the cost is \$10/class, this reservation fee will only allow access to Spin Class.

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 **Events Manager**
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 - 2019

Drop-In Descriptions

ACTIVITY	DESCRIPTION
ADULT	
CARDIO BOOT CAMP (must be 16 years of age) 	The class is a high intensity cardio workout using the running track and stairs in Affinity Place. It will focus on cardiovascular endurance and strength. This class will provide fun and unique workouts for those looking for a higher cardiovascular workout. 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.
HINGES & TWINGES (must be 16 years of age) 	This land program will combine the benefits of using urban poling walking as a safe, effective, and low impact way to exercise for individuals of all fitness levels. Urban Poling is effective for increasing core strength, lower extremity strength, upper extremity strength, balance, stability and cardiovascular endurance. Various bodyweight and theraband exercises will be incorporated to improve whole body strength and endurance. 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.
SCULPT (must be 16 years of age) 	A 40-minute circuit class in the weight room. Focus of this class is to familiarize participants with all the equipment available, and to demonstrate proper form and usage. Each class will have different stations set up that target all major muscle groups for a total body, muscle strength and/or muscle endurance workout. Intermediate to advance with a limit of 12/class. Facility Daily Pass Required.
SCULPT LIGHT (must be 16 years of age) 	Just like Sculpt but for beginners! New to fitness and intimidated by the Weight Room? This is the class for you! It's a circuit style, total body workout. Your instructor will walk you step by step through each exercise and the group setting will keep you motivated. Limit of 12/class. 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. Facility Daily Pass Required.

-  High Intensity Class
-  Medium Intensity Class
-  Low Intensity Class

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www.estevan.ca

306-634-1888

701 Souris Avenue North

CITY OF
Estevan