

FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - 2020

EFFECTIVE - SEPTEMBER 1 - DECEMBER 24, 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPIN 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	
SPIN 9:10 am - 9:50 am	AQUA AWE 9:15 am - 10:00 am	AQUA AWE 9:15 am - 10:00 am	AQUA AWE 9:15 am - 10:00 am	AQUA AWE 9:15 am - 10:00 am	AQUA AWE 9:15 am - 10:00 am	
	GRIT 9:10 am - 9:50 am	SPIN 9:10 am - 9:50 am	CORE BARRE ABOVE 9:10 am - 10:15 am	SPIN 9:10 am - 9:50 am	GRIT 9:10 am - 9:50 am	
	EASY STRETCH 10:10 am - 10:50 am		FOAM ROLLER 10:30 am - 11:10 am		EASY STRETCH 10:10 am - 10:50 am	
AFTERNOON / EVENING						
	SPIN 12:15 pm - 12:45 pm		BARRE ABOVE 12:15 pm - 12:45 pm			
	POWER BLAST 1:15 pm - 2:00 pm	CARDIO BLAST 1:15 pm - 2:00 pm	POWER BLAST 1:15 pm - 2:00 pm	CARDIO BLAST 1:15 pm - 2:00 pm		
	SPIN / CORE 5:00 pm - 6:00 pm	SPIN 5:30 pm - 6:10 pm		HEAD TO TOE MOBILITY 5:00 pm - 5:45 pm		
DEEP WATER POWER 8:00 pm - 8:45 pm	AQUA STEP 5:15 pm - 6:00 pm		AQUA STEP 5:15 pm - 6:00 pm	SPIN 5:30 pm - 6:10 pm		
WEIGHT ROOM						
OPEN 9:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 6:00 am - 9:00 pm	OPEN 9:00 am - 9:00 pm

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.



PLEASE NOTE - Due to the pandemic-related protocols fitness registration has moved to a **PRE-Registration process**. Users must pre-register online or by calling the Information Desk. Patrons will be screened upon arrival and asked a few questions as per the Operational Health and Safety Guidelines. Drop in is available for the weight room. Space between workout stations have either increased or a machine has been put into 'not in use.' Water fountains are not available.

Don't see what you are looking for?
Do you have an idea for something we should try?
Please contact the **Program 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



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Class Descriptions

ACTIVITY	DESCRIPTION
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. Low Intensity
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. High Intensity
BARRE ABOVE (must be 16 years of age)	Barre Above is a full-body conditioning class. This low impact workout incorporates lower, upper, and core exercises with a focus on flexibility, balance, stability and strength. This workout is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Facility Daily Pass Required. Facility Daily Pass Required. High Intensity
CARDIO BLAST (must be 16 years of age)	Focus in this cardio-based class is working the heart and lungs through a variety of interval formats. Both high and low impact options are provided to accommodate all fitness levels. Grab your shoes and water bottle, and get ready to sweat! Facility Daily Pass Required. High Intensity
CORE/ BARRE ABOVE (must be 16 years of age)	This extra long fitness class combines the best of both worlds. Core focuses an ab workout for your front, lower back and sides while Barre Above will challenge your flexibility, stability and strength. This workout is not only fun and dynamic, but it will sculpt your body and get you into shape. Facility Daily Pass Required. High Intensity
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 must be comfortable moving in deep water. Floatation equipment will be provided. Facility Daily Pass Required. High Intensity
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. Low Intensity
FOAM ROLLER (must be 16 years of age)	The Foam Roller Stretch Class is designed to provide self-myofascial release of connective tissue throughout the body to help improve flexibility, decrease muscular stiffness and pain, and help with alignment. During the class you will use the roller to release trigger points and tight spots throughout the body through dynamic rolling or by applying pressure on tight or knotted areas. Limit of 12/class. Facility Daily Pass Required. Low Intensity
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. High Intensity
HEAD TO TOE MOBILITY (must be 16 years of age)	Class for individuals looking to improve general flexibility and mobility throughout their entire body. Combining dynamic stretching and mobility exercises, we will work towards reaching new heights for your body. Facility Daily Pass Required. Low Intensity.
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
SPIN/CORE (must be 16 years of age)	This extra long fitness class combines the best of both worlds. Core's focus is an ab workout for your front, lower back and sides while Spin is designed to enhance endurance and strength, the cardiovascular benefits are fantastic! Facility Daily Pass Required. High Intensity
POWER BLAST (must be 16 years of age)	Power Blast is an Interval class focusing on building strength and tightening and toning muscles. Facility Daily Pass Required. High Intensity

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