











Land Fitness: January 6 to April 5, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Cycling 6:30 - 7:15 am Studio / Denis		Cycling 6:30 - 7:15 am Studio / Anne		Cycling 6:30 - 7:15 am Studio / Denis	Cycling 8 - 9 am Studio / Becky/Denis		
Low & Sculpt 9:15 - 10:10 am Gym C / Sarah	Stretch & Strength 9:15 - 10:10 am Gym C / Sarah 	Low & Sculpt 9:15 - 10:10 am Gym C / Caroline	Stretch & Strength 9:15 - 10:10 am Gym C / Jodi 	Low & Sculpt 9:15 - 10:10 am Gym C / Greg	Bootcamp 9:15 - 10:10 am Studio/Sarah/Rachael	Cardio Core 9:15 - 10:10 am Studio / Kim	
Hatha Yoga  9:30 - 10:45 am MPR B/C / Donna	Mindful Meditation 9:30 - 10:15 am Register #12797	Hatha Yoga  10:30 - 11:45 am MPR B/C/ Caroline	PilatYCore 10:45 - 11:45 am Studio / Jodi	Hatha Yoga  9:30 - 10:45 am Studio / Donna	Hatha Yoga  10:30 - 11:45 am Studio / Rotational		
Pound 9:30 - 10:30 am Register #13462	Pilates Matwork 10:45 - 11:45 am Studio / Janice	Zumba Gold  10:30 - 11:30 am Register #12794		Baby & Me 11 am - 12 pm Register #12809	<p>Bootcamp: combines Tabata, HIIT, circuit training to take your fitness to a new level.</p> <p>Cardio Core: a combination of cardio drills with a focus on core strength.</p> <p>Cycling: this high energy class includes endurance and interval training.</p> <p>Functional Fitness: exercises focused on balance, strength and flexibility that can be performed sitting or standing.</p> <p>Hatha Yoga: combines focused breathing with gentle flows and balancing postures.</p> <p>HIIT: through high intensity interval training, improve endurance and build muscle.</p> <p>Low & Sculpt: low-impact class that includes aerobics and muscle conditioning.</p> <p>Pilates Matwork: designed to improve core strength and stability through conditioning.</p> <p>PilatYCore: learn exercises to reduce joint pain, increase strength and flexibility</p> <p>Power Pilates: increase endurance, agility and power while developing core strength.</p> <p>Stretch & Strength: a strength training session followed by a full body stretch</p> <p>T.B.C.: total body conditioning that combines cardio with resistance training.</p>		
HIIT 12:10 - 12:55 pm Studio / Caroline	T.B.C. 12:10 - 12:55 pm Studio / Rebecca	HIIT 12:10 - 12:55 pm Studio / Sarah	T.B.C. 12:10 - 12:55 pm Studio/Ryan				
Cardio Core 4:30 - 5:15 pm Studio / Rachael	T.B.C. 4:30 - 5:15 pm Studio / Greg	Functional Fit  1:15 - 2:15 pm Studio / Anne	Power Pilates 5:15 - 6:10 pm Studio / Janice	HIIT 4:30 - 5:15 pm Studio / Rachael			
Cycling 5:30 - 6:15 pm Studio / Rachael	Bootcamp 6 - 6:55 pm Gym A / Rachael	Cycling 5:30 - 6:15 pm Studio / Denis/Becky	Bootcamp 6 - 6:55 pm Gym A / Ryan	Barre 5:30 - 6:30 pm Register #13407			
Bootcamp 6 - 6:55 pm Gym A / Debbie	Strong by Zumba 6 - 7 pm Register #13397	Bootcamp 6 - 6:55 pm Gym A / Mel	Zumba  6:15 - 7:15 pm Register #12793	Did you know? Members receive 50% off registration for specialty fitness classes. Program definitions and other great classes are listed in the Fun Guide. Check out our partner dance programs on page 29. Sign up today!			
Cardio Core 7:30 - 8:15 pm Studio / Mel	Hatha Yoga 7 - 8 pm Studio / Jodie	Cardio Core 7 - 7:55 pm Studio / Caroline	Hatha Yoga 7:30 - 8:30 pm Studio / Caroline				
<p>Heart Wise Exercise</p> <p>Programs with this logo are appropriate for those who may be living with a chronic health condition. These programs allow participants to exercise at a safe level and modify intensity, with support from the instructor.</p>							

Aqua Fitness: January 6 to March 30, 2020



Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit 8:15 - 9 am Nick	Combo Aqua Fit 8:15 - 9 am Nick	Aqua Fit 8:15 - 9 am Amarilis	Combo Aqua Fit 8:15 - 9 am Jodi	Aqua Fit 8:15 - 9 am Greg	Combo Aqua Fit 8:15 - 9 am Sarah/Rachel	Combo Aqua Fit 8:15 - 9 am Kim
Deep Water Run 8:15 - 9 am Carleigh		Deep Water Run 8:15 - 9 am Anne		Deep Water Run 8:15 - 9 am Anne		
Combo Aqua Fit 9 - 9:45 am Caroline	Combo Aqua Fit 9 - 9:45 am Jodi	Combo Aqua Fit 9 - 9:45 am Amarilis	Combo Aqua Fit 9 - 9:45 am Sarah	Combo Aqua Fit 9 - 9:45 am Megan D		
Combo Aqua Fit 9:45 - 10:30 am Caroline	Combo Aqua Fit 9:45 - 10:30 am Jodi	Combo Aqua Fit 9:45 - 10:30 am Amarilis	Combo Aqua Fit 9:45 - 10:30 am Anne	Combo Aqua Fit 9:45 - 10:30 am Megan D		
Combo Aqua Fit 1:15 - 2 pm Amarilis	Combo Aqua Fit 1:15 - 2 pm Carleigh	Combo Aqua Fit 1:15 - 2 pm Amarilis	Combo Aqua Fit 1:15 - 2 pm Greg			
	Aqua Fit HIIT 7:15 - 8 pm Carleigh	Combo Aqua Fit 7:15 - 8 pm Greg	Aqua Zumba 7:15 - 8 pm Amarilis			

Helpful Information

Please note that fitness classes are not offered **February 17** due to the statutory holiday.

Did you know? Members receive 50% off the following aquatic courses. Sign up today:

- **Baby & Me #12812**
Tuesdays 10:45 - 11:30 am
- **Healing Waters #13272**
Thursdays 10:45 - 11:30 am
- **Prenatal Aqua Fit #13735**
Thursdays 7:15 - 8 pm

Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Aqua 9 - 9:45 am Melissa	Balance & Restore 9 - 9:45 am Anne	Gentle Aqua 9 - 9:45 am Anne	Gentle Aqua 9 - 9:45 am Melissa	Gentle Aqua 9 - 9:45 am Anne
Gentle Aqua 9:45 - 10:15 am Melissa	Gentle Aqua 9:45 - 10:15 am Melissa	Gentle Aqua 9:45 - 10:15 am Anne	Aqua Pilates 9:45 - 10:15 am Sarah	Balance & Restore 9:45 - 10:30 am Anne
Aqua Pilates 10:15 - 10:45 am Sarah	Aqua Yoga 10:15 - 10:45 am Melissa	Aqua Yoga 10:15 - 10:45 am Anne	Gentle Aqua 10:15 - 10:45 am Sarah	
Gentle Aqua 2 - 2:45 pm Amarilis	Gentle Aqua 2 - 2:45 pm Melissa	Gentle Aqua 2 - 2:45 pm Amarilis	Gentle Aqua 2 - 2:45 pm Melissa	

Aquatic Centre Closure:

The aquatic centre will be closed March 31 to April 5 for spring maintenance. The spring schedule will begin Monday, April 6.

Visit www.peterborough.ca/pswc for class descriptions.

Instructors subject to change without notice.