

SPRING 2018 DROP-IN PROGRAMS



No classes on the following dates: March 30, 31, April 1 & 2. May 19, 20 & 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Watts & Weights 5:45 – 6:30 a.m. Cycle Zone/Track <i>Kim</i>		Sweat Equity 6 – 6:45 a.m. Cycle Zone <i>Jocelyn</i>			
	Circuit 9 – 9:45 a.m. Group Training Zone <i>Janelle</i>	Fit & Fierce 9 – 9:45 a.m. Cycle Zone <i>Bonnie</i>	Right to Bare Arms 9 – 9:45 a.m. ATB Studio <i>Noelle</i>	Rock Bottom 9 – 9:45 a.m. Crossfire <i>Andrea</i>	Weekend Warrior 9:15 – 10 a.m. Crossfire / Track <i>Andrea</i>	Sunday Cycle 9 – 9:45 a.m. Cycling Zone <i>Lorena</i>
Power Crossfire (Stroller friendly) 10 – 10:45 a.m. <i>Andrea</i>	Hoopng for Fitness 10 – 10:45 a.m. Court C <i>Lorena</i>	Active & Ageless 10 – 10:45 a.m. ATB Studio <i>Bonnie</i>		Healing Yoga 9:30 – 10:30 a.m. ATB Studio <i>Trudi</i>		Yoga Flow 10:15 – 11 a.m. ATB Studio <i>Trudi</i> 
	Quickfit 12:15-12:45 p.m. Group Training Zone <i>Rod</i> 	Crank'd 12:15-12:45 p.m. Cycle Zone <i>Jocelyn</i>	Quickfit 12:15-12:45 p.m. Group Training Zone <i>Janelle</i>			
Yoga Flow 6 – 6:45 p.m. ATB Studio <i>Trudi</i>		ABSolutely! 6:20 – 6:50 p.m. MNP Room <i>Noelle</i> 				
H.I.I.T. It! 7:30 – 8:15 p.m. Crossfire <i>Taylor</i>	Indoor Cycling 7:15- 7:55 p.m. Cycling Zone <i>Lorena</i>	Zumba 7 – 7:45 p.m. MNP Room <i>Chelsey</i> Walk with a Doc 7 – 7:45 p.m. 	Fit & Fierce 7 – 7:45 p.m. Crossfire/Track <i>Andrea</i> 	See other side for registered classes		

■ Drop-in Fitness Programs

All **drop-in classes** are included with membership or paid daily admission.

Classes showing the  logo are sponsored by Healthy Hearts Leduc and are **FREE** (no daily wristband required).

Check at fitness desk if tokens are required for class. Classes may be cancelled due to low participation (less than 4 participants). Please check the Apple Fitness Centre desk for a current drop-in fitness class schedule, or find the schedule on our website at Leduc.ca/lrc/drop-in-programs

ABSolutely!

Get ready to rock your abs. This class will focus on exercises to tone your abdominal area and strengthen your back.

Active & Ageless

This class is for the older adult or someone new to fitness and will focus on your health and wellness using the spin bikes, walking track and other types of equipment.


Circuit

This class incorporates various strength and cardio exercises in a circuit to keep your fitness program on track. It's a great class to push you harder because of the group setting and give you new ideas for your own future workouts.

Crank'd

For the indoor cyclist on the go. It is a quick class geared to getting you in, cranking up your energy level and getting you out within 30 minutes.

Fit & Fierce (AM or PM)

Group Exercise... on bikes, track, stairs with all sorts of different equipment. Be ready for this class to work your cardiovascular system and challenge your core through various drills and exercises.  (PM Class)

Healing Yoga

Please join us for this de-stressing class that is low on impact and full of relaxation. Perfect for both beginners and existing Yogis. *Props are provided but please bring your own mat.*

H.I.I.T. It!

Increase your strength and conditioning in this Tabata class. Various forms of high intensity interval training with diverse exercises is what this quick class is all about.

Hooping for Fitness

Bring back the days of your youth in this non-impact, fat-burning fun workout that strengthens your core and calms your mind. Weighted hula hoops will be provided.

Indoor Cycling

This class incorporates all the components of indoor cycling: speed work, intervals, hill climbs and more on the new Keiser M3i bikes.

Power

This stroller-friendly class features lots of weights and cardio in a circuit format.

Quickfit

This class uses Tabata training to increase conditioning, strength and stamina through 20 second intervals of maximum intensity.  (Tuesday Class)

Rock Bottom

Lower body power starts with the glutes. Whether you're looking to have better athletic performance or work on your rear view, this class will help you achieve your 'rock bottom'.

Sweat Equity

Join us on the cycling bikes and hit the track for various cardio drills and strength work that will make you sweat! Sometimes we complete the workout together, sometimes we compete in teams and sometimes we work at our own pace. This class changes every week!

Walk With a Doc

Join a local physician for a 45-minute walk outside or on the track and improve your health, one step at a time.

Watts & Weights

Join us on the indoor cycling bikes for this workout that will take you on and off the bikes for various exercises including strength and/or cardio.

Weekend Warrior

This circuit-style class incorporates strength, conditioning and cardio components to get your whole body moving and fit!

Yoga Flow (AM Class)

This class includes yoga postures that enhance flexibility while integrating the mind, body and breath.

Props are provided but please bring your own mat.

Zumba

Join this fun dance class that is exercise in disguise. Easy to follow moves in fun form will burn calories and help tone your body!