



What fitness class is right for you?

Bootcamp

This is the place to go if you've tried our other classes and you want to step it up even more. This challenging workout changes week to week with equipment and exercises, but the intensity remains and so does the fun - if you want to call it that (and we do!).

Core 15

We'll take you beyond traditional crunches in this short but sweet 15 minute workout.

Cycle 30

Rev up your fitness program in this 30 minute cycle class. Whether you're a beginner or are more advanced, saddle up for some intervals, hills, sprints and more.

Force

With strength, stamina and a strong will, comes great FORCE. This class offers all of it - strengthening exercises, core work and cardiovascular fitness packaged in a cut-to-the-chase workout.

Step

Step it up with this classic workout. This class is filled with challenging choreography and intense, energetic moves for an awesome workout.

Stretch 2.0

Help maintain good function in your joints and muscles with our 20 minute stretch classes. Stretching is a vital component in any fitness regime so let us lead you through a series of flexibility exercises to help enhance your movement.

Strong

Lift and then lift some more in this pure strength class where you will squat, lunge, push, pull and press your way to a full-body burn.

Sweat

This full-body cardiovascular fitness enhancing class focuses on high-energy, high-intensity intervals for a big calorie burn. Be prepared to move! Sweat bands may be required.

TGIF

Thank goodness it's Friday! This class has it all with each week featuring a different class format. Start the weekend off with this fun, high-energy workout!

Yoga

The improved flexibility and relaxation that yoga brings to the body allows you to perform everyday activities with more ease and helps prevent injury/chronic pain. These standard Hatha-based yoga poses will provide strength and flexibility where you need it.

Zumba®

Working out isn't always fun... until you've tried Zumba. If you are looking for a mixed-intensity dance and cardio workout set to hypnotic Latin and international rhythms, this is the class for you.

Deep/Shallow Aqua-fitness

Exercising in the water will improve cardiovascular fitness, muscular strength and endurance. Aqua-fitness provides a reduced impact exercise alternative that is easy on the joints while the water's resistance and specialized equipment will create a challenging workout perfect for all fitness levels.

Life Long Recreation 50Y+

Pick Your Pace

The pace of this class picks up compared to some of our other older adult classes. A mix of some easy to follow moves to condition the heart and lungs combined with exercises for strength, balance and mobility will leave you feeling strong!

Pump and Walk

Walking and weights go hand-in-hand in this class. You will alternate back and forth from light resistance exercises in our studio to the track where you walk at your own perfect pace. Class finishes with a great stretch.

Strong and Steady (60Y+)

Move better and make everyday activities easier with this fun, lower-intensity class that focuses on building energy, balance, strength and flexibility. Exercises are adaptable for everyone.

Yoga

A modified slower paced version of the Adult Yoga.

Young at Heart

Join this fun loving group for a shallow water class filled with lively music and low-impact exercises.

All classes offer modified intensity options and are 45 minutes unless otherwise noted.

Check out the Recreation Guide at strathcona.ca/registration for registration options.

Thank you to our facility sponsors



Drop-in Fitness Classes

Millennium Place

January 2 - March 31

Classes are 45 minutes long unless otherwise noted.

Omit: Jan 1, Feb 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Field	6:50 pm				9 am (1 hr)	8 am (1 hr) March 2, 30: Blue Room	
Core 15 (15 min) Meet at Wellness Desk	10:15 am 6:40 pm		10:15 am 5:35 pm	5:50 pm	10:15 am	10:20 am	
Cycle 30 (30 min) Red Room	6:30 pm	6 am (45 min) 9:30 am	12:15 pm 7 pm Omit: Jan 2	9:30 am 5:15 pm		9:30 am (45 min)	9:30 am
Force Blue Room	9 am (1 hr) Field		9:15 am* *Omit: Jan 2 * 6:45 pm	9 am (1 hr) Field	5:45 pm Omit: Jan 4		9:15 am (1 hr)
* Pick Your Pace (50+) Blue Room	10:30 am						
Pump & Walk (50+) Blue Room			10:15 am (1 hr)		10:15 am (1 hr)		
Step Blue Room	9:15 am (1 hr)					10:15 am (1 hr)	
Stretch 2.0 (20 min) Meet at Wellness Desk	9:30 am	6:10 pm	9:30 am		9:30 am		10:10 am
Strong Blue Room		* 6:45 pm	9 am (1 hr) Field				
Strong & Steady (60+) Blue Room		8:15 am		8:15 am Omit: Jan 3			
Sweat Field		9 am (1 hr)					
* TGIF Blue Room					9 am Omit: Jan 4		
* Yoga Blue Room	1:30 pm (50+) 7:15 pm	10:15 am	7:45 pm	10:15 am		9:15 am	
* Zumba® Blue Room		9:15 am 7:45 pm		9:15 am 6:30 pm* *Omit: Jan 3			

Ardrossan Recreation Complex

January 2 - March 31

Classes are 45 minutes long unless otherwise noted.

Omit: Jan 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Hall		9:15 am (1 hr)					
Core 15 (15 min) Meet at Wellness Desk	9:50 am 7:10 pm	8:05 pm	5:45 pm	7:50 pm			
* Cycle 30 (30 min)	9:15 am Omit: Feb 18	7:15 pm (45 min)		7 pm (45 min)			
Force Hall		6:15 pm March 5: Aspen Room	9:15 am Omit: Jan 2				
Stretch 2.0 (20 min) Meet at Wellness Desk			10:05 am		11 am		
Strong Hall			6:15 pm Omit: Jan 2	9 am Omit: Jan 3			
Yoga Preschool Room							10 am
Zumba® Hall	9:30 am Omit: Feb 18						

* Please pick up a ticket for these classes at the front desk to reserve your spot. ARC cycle limited to 30 participants. MP drop-in limited to 55 participants (Zumba™, Yoga) and 45 participants (all other classes) for the Blue Room.

Glen Allan Recreation Complex

January 2 - March 31

Classes are 45 minutes long and in Studio 203 unless otherwise noted.

Omit: Jan 1, Feb 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core 15 (15 min)		9:30 am	9 am	9:15 am			
Force	7:15 pm						
Pick Your Pace (50+)	9 am (1 hr)		9:30 am		9:30 am (1hr)		
Stretch 2.0 (20 min) Studio 206	8:05 pm			7:20 pm		10:20 am	
Strong						9:30 am	
Strong & Steady (60+)	10:15 am	10:15 am (1 hr)		9:45 am (1 hr)			
Sweat				6:30 pm			
Yoga		6:15 pm	1:30 pm (50+) Omit: Jan 2				
Zumba®		1 pm (50+)					10:15 am

Please pick up a ticket for all classes at the front desk to reserve your spot. GARC drop-in limited to 35 in Studio 203.

Drop-in Aqua-fitness Classes

Kinsmen Leisure Centre

January 2 - March 29

Omit: Jan 1, Feb 18

	Monday	Tuesday	Wednesday	Thursday	Friday
Deep Water	7:35 - 8:30 am		7:35 - 8:30 am 7 - 8 pm* *Omit: Jan 2		7:35 - 8:30 am
Shallow Water	7:35 - 8:30 am 7 - 8 pm		7:35 - 8:30 am 6 - 7 pm* *Omit: Jan 2		7:35 - 8:30 am
Young at Heart (50+)	12 - 12:45 pm		12 - 12:45 pm		12 - 12:45 pm

Emerald Hills Leisure Centre

January 2 - March 31

Omit: Jan 1, Feb 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water (4 lanes)	9:15 - 10 am		11 - 11:45 am	7:45 - 8:30 pm	11 - 11:45 am		
Shallow Water (6 lanes)	10:15 - 11 am	7:45 - 8:45 pm		7:45 - 8:30 pm	10:15 - 11 am		9 - 9:50 am

Millennium Place

January 2 - March 30

The McKay Team Aquatics Centre

Omit: Jan 1, Feb 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water	8:05 - 9:05 am	9 - 10 am	8:05 - 9:05 am 10:30 - 11:15 am* *Omit: Jan 2	9 - 10 am	8:05 - 9:05 am	9 - 10 am Omit: Mar 9	
Adult Fitness Swim			9:15 - 10:15 am Omit: Jan 2		9:15 - 10:15 am Omit: Jan 4		