

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am		Stretch and Strength (Deb 45min)		Stretch and Strength (Deb 45min)	TRX (Inkeri 45min)	
8:45am	Muscle Mix (Inkeri 50min)	Body Blast (Deb 50min)	Muscle Mix (Inkeri 50min)	Interval Training H.I.I.T (Marilyn 50min)	Muscle Mix (Inkeri 50min)	Body Blast (Deb 50min)
9:10am	Aqua (Ann 45min)	Aqua (Mel 45min)	Aqua (Mel 45min)	Aqua (Sydnee 45min)	Aqua (Sydnee 45min)	9:15am Ride and Shine (Frances 50min)
9:45am	Keep Fit (Inkeri 50min)	Keep Fit (Marilyn 50min)	Aging Stronger (Leah 50min)	Dance and Tone (Hollie 60min)	Yoga (Hedy 60min)	Saturday Fun (Janet 60min)
		Yoga (Leah 60min)	Cycle (Inkeri 45min)			Yoga (Hedy 60min)
10:00am					Pilates (Krista 45min)	
10:35am	10:45am Cycle (Inkeri 45min)	10:45am Yogalates (Marilyn 60min)	Hatha Yoga (Hedy 60min)	Hatha/Restorative Yoga (Hedy 90min)		
11:10am	Aqua (Sydnee 45min)		Aqua (Sydnee 45min)	11:00am TRX (Rick 45min)	Aqua (Krista 45min)	
12:00pm	11:45am Yin Yoga (Hedy 60min)	Karate (Kristie 60min)	Master's Swim (Mel 60min)	Karate (Kristie 60min)	Master's Swim (Krista 60min)	
	Master's Swim (Mel 60min)	TRX (Rick 45min)				
1:00pm		Alpha Male (Conor 50min)		Alpha Male (Conor 50min)		
5:30pm		Pedal Power (Frances 50min)	Cycle and Suspend (Frances 60min)	Pedal Party (Frances 50min)		
6:00pm	Muscle Mix + POWER (Julia 60min)					
7:15pm	Karate (Kristie 60min)	JiuJitsu (Kristie 60min)	Karate (Kristie 60min)	JiuJitsu (Kristie 60min)		

Class Notes

All Classes require advance registration.

Classes can be booked 7 days in advance for your convenience.



Group Fitness Spring 2024



The Prince Edward Fitness
& Aquatic Centre
est. September 1, 2005
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Alpha Male - This class is aimed to encourage the male population to enjoy the benefits of fitness in a group setting. Exercises consist of movements focusing on cardiovascular health as well as improving muscular strength and endurance. Workouts are performed in a setting where participants execute different exercises separately allowing individuals to work within their own capabilities with modifications available for all exercises. Limit of 20.

Aqua – A class for all ages. You pick the intensity, and the instructor will lead you through a mixture of cardio, core and strength workouts. Swimming ability not required. Limit of 30 *Wed 11:10am Lanes 1-3*

Aging Stronger – This strength class will focus on the total body, building muscle strength and bone density to help keep you active and not sitting on the sideline. Limit of 30.

Body Blast – A cardio aerobics class choreographed to great music that will get your heart rate up, blood pumping and oxygen flowing. Limit of 30.

Body Sculpt - This is a total body, muscle-building strength training workout with an emphasis on your core. Sculpt and tone exercises focus on adding definition to your physique. These sculpt and tone workouts help improve your circulation, metabolism and caloric burn, further enhancing the shape and definition of your muscles. Limit of 30.

Cycle (Pedal Power/Pedal Party/Ride and Shine) - Moderate to Challenging classes targeting your energy zones, with a focus on endurance, strength, intervals, high intensity and recovery. Limit of 10.

Cycle and Suspend – Start with 30 minutes of cycle targeting your energy zones, working your endurance, and strength. Followed by 30 minutes of a strength workout using the TRX suspension equipment. A total body workout set to totally awesome music. Limit of 8.

Dance N' Tone - Fun cardio dance workout to great music, (participants are welcome to go at their own pace) plus muscular endurance. You will have so much fun; you won't even realize you're working hard! Limit of 30.

Hatha/ Restorative Yoga – An hour moving through a variety of poses that will challenge and improve your balance, flexibility, and strength. Followed by a half hour of Restorative focusing on a variety of breathing techniques and poses to create positive energy. Limit of 30.

Interval Training (H.I.I.T.) - Challenge your body in this class with high intensity low impact movements designed to improve conditioning. Classes can use light weights, accessories and bodyweight exercises. Limit of 30.

JiuJitsu (BJJ) - is based on the technique that immobilizes or submits the opponent. It teaches joint locks, choke holds and pins, and is often considered the best art to beat an opponent having more physical prowess. Limit of 15.

Karate - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Rotates between 12pm and 7:15pm please check for current schedule. Limit of 15.

Keep Fit – Is a low intensity class that is open to everyone but suited for the older young at hearts or those new to fitness. The class will focus on muscle strength, balance, posture, and flexibility. Limit of 30.

Masters Swim - Swimmers of all levels of ability, from swimming for general health and enjoyment to competition are welcome in this program. Limit of 9 (Lanes 4-6)

Muscle Mix – A full body workout targeting all the major muscle groups focusing on increasing muscle strength and tone. Limit of 30.

Muscle Mix + POWER - Improve body composition by building muscle strength and endurance. Every class will include upper body, lower body, and core exercises. Power intervals throughout the class will get your heart rate up and burn calories. Modifications to all exercises can be accommodated. Limit of 25.

Pilates - This Introductory Pilates class combines breathing and mat work to increase overall strength, improve posture and increase flexibility. A class will leave you feeling relaxed and energized. Limit of 30.

Saturday Fun - Enjoy this 1-hour intermediate class with fantastic music. Lots of warm-up and cardio moves, as well as muscle conditioning, balance, posture and flexibility exercises. Limit 25.

Stretch and Strength - combines stretch moves and light resistance to lengthen your muscles and increase your range of motion and flexibility. Limit of 30.

TRX - A total body workout using the TRX suspension equipment. Exercises can be done while standing, on an incline, prone, on the floor etc. TRX is a great way to work the core muscles while also focusing on specific muscle groups. Limit of 8

Yin Yoga - Is a slow-paced style of yoga with postures that are held for longer periods of time, and that apply moderate stress to the connective tissues, the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Limit of 25.

Yoga – Moving through a variety of poses that will challenge and improve your balance, flexibility, and to drive energy into all areas of the body, removing any built-up tension. Yoga will also incorporate breathing techniques and poses to increase flexibility all while allowing you to feel relaxed yet energized. Limit of 25.

Yogalates - A Yogalates class may include popular yoga postures like downward-facing dog and the warrior poses with Sun Salutations, stretching and intense core and abdominal strength work. Some exercises may require the use of props such as blocks, resistance bands and weights to intensify the effect. Limit of 30.