



902-827-2700

www.Lakeandshorerec.ca

**Classes highlighted in yellow require registration.**

**Classes highlighted in blue require booking spot each week. All other classes are drop-in.**

| Adult Programs |                                    |  |   |   |                                   |   |
|----------------|------------------------------------|--|---|---|-----------------------------------|---|
| Time           | Monday                             | Tuesday  | Wednesday                                 | Thursday                                  | Friday                            | Saturday                                      |
| 9-9:45am       | Kid Friendly Bootcamp with Shaunna | Kid Friendly Rebounder & Dance Fit With Yovana | Kid Friendly Total Body Shaping With Sara | Step & Pump With Shaunna                  | Kid Friendly HIIT Class With Sara |   |
| 10:15-11am     |                                    |  |   |   |                                   | Kid Friendly Rebounder & core class With Anne |
| 11am-12pm      |                                    | Yoga for Mobility 55+ With Mary Eliza          |   |   |                                   |   |
| 1-2pm          |                                    |  |   | Silver Fit 55+ With Yovana                |                                   |   |
| 2-3pm          |                                    |  | Silver Boots 55+ With Yovana              |   |                                   |   |
| 3:15-4:15pm    | TRX With Sara                      |  | Pedal & Pump With Angela                  |   |                                   |   |
| 6:05-7:05pm    |                                    | Latin Dance With Yovana                        |   |   |                                   |   |
| 6:15-7pm       |                                    |  |   | Pedal & Pump With Angela                  |                                   |   |
| 6:30-7:30pm    |                                    |  | Adult Tap With Cassidy                    |   | Intro Dance Workshops With Yovana |   |
| 7-8pm          | Rebounder & Pilates Core With Anne |  |   |   |                                   |   |
| 7:30-9:30pm    |                                    |  |   |   | Adult Lazer Night (select nights) |   |
| 7:15-8:15pm    |                                    | Yoga & Pilates Blend With Shaunna              |   |   |                                   |   |
| 7:35-8:35pm    |                                    |  | Zumba With Trina                          | Modern Line Dancing With Yovana 7:30-8:30 |                                   |   |
| 8:15-9:30pm    |                                    |  | Drop-in Adult Basketball                  |   |                                   |   |



## Adult Fitness & Dance

Adult fitness classes are drop-in only. Dance classes require registration.

Drop-in rates are \$8.50 Adults, \$7.50 Seniors. Save and purchase a 10-visit pass; Adults \$75, Seniors \$65.

No Classes: Sept 30, Oct 14, evening of Oct 31, Nov 11, Dec 20 - Jan 2 (start back Jan 3), Feb 15, Feb 17, March 10-14, April 18-21, May 17, May 19.

**All Fitness classes end week of June 9-13.**

| Monday   |  |              |
|--|--|--------------|
| <b>Kid Friendly Bootcamp</b><br>Starts Sept 9<br>9-9:45am      | Led by: Shaunna<br>Full body bootcamp using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent. | Drop-in rate |
| <b>TRX</b><br>Starts Sept 16<br>3:15-4:15pm                    | Led by: Sara<br>Total resistance exercises using TRX suspension and participants body weight.  | Drop-in rate |
| <b>Rebounder &amp; Pilates Core</b><br>Starts Sept 16<br>7-8pm | Led by: Anne<br>Mini trampoline & core class. Please call to reserve rebounder.  | Drop-in rate |

| Tuesday  |  |                        |
|--|--|------------------------|
| <b>Kid Friendly Rebounder &amp; Dance Fit</b><br>Starts Sept 24<br>9-9:45am  | Led by: Yovana<br>Mini trampoline and dance fitness. Please call to reserve rebounder. | Drop-in rate           |
| <b>Yoga for Mobility 55+</b><br>Starts Sept 7<br>11am-12pm   | Led by: Mary Eliza<br>Senior yoga in a chair, great for people with mobility issues.   | Drop-in rate           |
| <b>Latin Dance</b><br>Session #1 Sept 29 -Dec 3 \$78<br>Session #2 Jan 8-April 16 (No class Mar 11)<br>6:05-7:05pm | Led by: Yovana<br>Learn Salsa, Bachata & Merengue.<br>No partner required.             | \$180 for each session |
| <b>Yoga &amp; Pilates Blend</b><br>Starts Sept 17<br>7:15-8:15pm   | Led by: Shaunna<br>Great core & full body workout. All levels.                         | Drop-in rate           |

## Wednesday

|  |   |                                |
|--|---|--------------------------------|
| <b>Kid Friendly Total Body Shaping</b><br>Starts Sept 11<br>9-9:45am                             | Led by: Sara<br>Full body workout using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent                                   | <b>Drop-in rate</b>            |
| <b>Silver Boots 55+</b><br>Starts Sept 25<br>2-3pm   | Led by: Yovana<br>Senior Line Dancing.  | <b>\$6.50 Drop-in</b>          |
| <b>Pedal &amp; Pump</b><br>Starts Oct 2<br>3:15-4:15pm   | Led by: Angela<br>Full body workout with spin for cardio.<br>Please call to reserve bike.   | <b>Drop-in rate</b>            |
| <b>Adult Tap</b><br>Oct 2- April 30<br>(No classes Dec 11, 18, 25, Jan 1, Mar 11)<br>6:30-7:30pm | Led by: Cassidy<br>Must have tap shoes.<br>Option to perform at competition in June, participants wishing to do so must pay for additional classes May 7-28 <b>(\$60)</b> | <b>Full year session \$220</b> |
| <b>Zumba</b><br>Starts Sept 18<br>7:35-8:35pm  | Led by: Trina<br>Latin & international music inspired cardio workout.   | <b>Drop-in rate</b>            |

## Thursday

|  |  |                                |
|--|--|--------------------------------|
| <b>Step &amp; Pump</b><br>Starts Sept 12<br>9-9:45am   | Led by: Shaunna<br>Step with weights.  | <b>Drop-in rate</b>            |
| <b>Silver Fit 55+</b><br>Starts Sept 26<br>1-2pm   | Led by: Yovana<br>Senior chair class with weights.   | <b>Drop-in rate</b>            |
| <b>Pedal &amp; Pump</b><br>Starts Oct 3<br>6:15-7pm  | Led by: Angela<br>Full body workout with spin for cardio.<br>Please call to reserve bike.                | <b>Drop-in rate</b>            |
| <b>Modern Line Dancing</b><br>Session #1 Sept 26-Dec 5 (No class Oct 31)<br>Session #2 Jan 8-April 16 (No class Mar 12)<br>7:30-8:30pm | Led by: Yovana<br>A variety of rhythms including Latin, swing, country and more.<br>No partner required. | <b>#1: \$130<br/>#2: \$180</b> |

## Friday

|  |  |                     |
|--|--|---------------------|
| <b>Kid Friendly HIIT Class</b><br>Starts Sept 13<br>9-9:45am | Led by: Sara<br>High intensity interval & strength training with weights. Area will be set up for kids to play. Kids are responsibility of parent. | <b>Drop-in rate</b> |
|--|--|---------------------|

## Saturday

|  |  |                     |
|--|--|---------------------|
| <b>Kid Friendly Rebounder &amp; Core Class</b><br>Starts Oct 5<br>10:15-11am | Led by: Anne<br>Mini trampoline & core class. Area will be set up for kids to play. Kids are responsibility of parent. Please call to reserve rebounder. | <b>Drop-in rate</b> |
|--|--|---------------------|



## Adult programs

| Wednesday  |  |                               |
|--|--|-------------------------------|
| <b>Drop-in Adult Basketball 18+</b><br>Oct 2 - Dec 4 & Jan 15 - May 14<br>(no basketball March 12)<br>8:15-9:30pm  | Please bring water bottle and indoor shoes.  | <b>\$8<br/>Drop-in</b>        |
| Friday   |  |                               |
| <b>Intro Dance Workshops</b><br>Oct 4-25      Line dancing<br>Nov 1-22      Latin dance<br>Jan 10-31      Line dancing<br>Feb 28-Mar 28 Latin dance (No class March 14)<br>6:30-7:30pm | Led by: Yovana<br>An introduction to a variety of rhythms including Latin, swing, country and more.<br>No partner required.  | <b>\$52 for each workshop</b> |
| Saturday   |  |                               |
| <b>Laser Tag Nights 18+</b><br>Oct 26, Nov 23, Jan 25, Feb 22, Mar 29<br>7:30-9:30pm   | Self directed by group. Only 12 spots. Call to register. Please bring water bottle and indoor shoes.   | <b>\$15 each night</b>        |
| Christmas Cards Workshop   |  |                               |
| <b>Friday, November 15</b><br>With Nicole Robertson<br>6-8:30pm  | Participants will make 2-3 stamped Christmas cards with envelopes. Examples of cards will be provided night of. All supplies provided.<br>To register call the centre. | <b>\$15</b>                   |