

Timms Community Centre Drop-in Fitness Class Descriptions

INDOOR CYCLING CLASSES:



Rise N' Spin: 45 minutes High Intensity; Non- Impact

Get your day started with an energizing cycling workout. 45 minutes of interval cycling including a cool down & stretch. Adjust the tension to go at your own pace. This workout will wake-up your mind, body & soul!

Spin & Core: 60 minutes Moderate-High Intensity; Low Impact

A 60 minute class broken down into 30 minutes of cardio training on the spin bike and 30 minutes of focused CORE training. Abdominal exercises will range from slower paced to higher intensity moves using mats, stability balls and tubing.

Senior Cycle: 45 minutes Moderate Intensity; Low Impact

Indoor cycling is an ideal fitness activity for all ages. This 45 minute class allows participants to go at their own pace in a fun, motivating environment. 30 minute cardio training will be followed by a 15 minute stretch & tone session that will relieve stiff joints and help improve posture.

Spin Express: 45 minutes High Intensity; Non- Impact

45 minutes of interval cycling including a cool down & stretch. Adjust the tension to go at your own pace. Please Note: Calories will burn in this class!

Spin & Sculpt: 60 minutes Moderate Intensity; Non- Impact

30 minutes of intense cardio training on the bike followed by 30 minutes of total body conditioning using a variety of strength training equipment including body bars, tubing and bodyweight exercises.

Spin & Shred: 60 minutes Moderate Intensity; Non- Impact

A 30 minute cycling workout using interval training to get your heart beating and your calories burning. Cardio session will be followed by a 30 minute upper body toning and strengthening workout.

Spin & Yoga: 60 minutes Moderate-High Intensity; Low Impact

30 minutes of Cardio spin to burn calories and make you sweat followed by 30 minutes of relaxing Yoga poses and stretching to help elongate your muscles, strengthen your core and limber up! No yoga experience necessary.

CARDIO & STRENGTH CLASSES:



55+ Circuit 60 minutes Low Intensity; Low Impact

A group exercise program utilizing low impact cardio and strength training exercises followed by a long stretching session to relax the body and improve flexibility. Chairs may be used for part of the session but are optional. This program is geared for older adults with no mobility issues- those new to fitness are

welcome and encouraged to give it a try!

ABT: 60 minutes Moderate Intensity; Low Impact

The ultimate Abs, Butt and Thigh workout! This no-sweat class uses bodyweight exercises along with targeted moves using a variety of weights, tubes and body bars to strengthen, tone and sculpt your lower body and CORE. No cardio in this work out but you will feel the burn!

Bootcamp 360: 60 minutes High Intensity; Moderate- Impact

Circuit-style Bootcamp using a variety of challenging work-outs to build strength and stamina- working your entire body. This class includes a combination of cardio fitness, muscular endurance and strength building exercises- never the same class twice!

Booty-Camp: 60 minutes High Intensity; Moderate- Impact

Feel the booty burn in this tone and torch class- using the principle of muscle confusion during time-based interval circuits. Cardio and strength exercises will be combined to burn body fat while emphasizing toning and shaping the legs and booty.

Body Sculpt: 60 minutes High Intensity; Low Impact

Work all of your muscles in every way possible in this class designed to build strength, add definition and decrease your body fat by increasing your lean muscle. Using dumbbells, tubing, body bars and body weight exercises you will transform the shape of your body.

Bosu Bootcamp: 60 minutes Moderate Intensity; Moderate Impact

Bosu cardio drills with intervals of skipping, plyometrics, strength, ABS, and balance. This class uses a variety of equipment to keep things moving including dumbbells, bands and body bars. A short stretch at the end will have you ready for the day!

Cardio Combo: 60 minutes Moderate Intensity; Moderate Impact

This class has it all! A fun-filled class combining cardio drills and step to burn those calories followed by light weights and toning exercises for the entire body and relaxing stretch exercises.

Circuit Training: 60 minutes Moderate Intensity; Moderate Impact

Never the same thing twice! Running, STEP, jumping rope, squats, planks, partner challenges and so much more! The goal is to get your body burning calories and your mind focused. This class uses a variety of equipment and body weight exercises. Mat work is part of the fun!

Circuit Express: 40 minutes: Moderate Intensity; Moderate Impact

H.I.I.T Express: 40 minutes High Intensity; Moderate Impact

Interval training blasts calories and provides noticeable results in muscle tone and weight loss. This high intensity class will leave you breathless but feeling great! Each timed exercise series includes cardio, strength and CORE.

Light Toning: 60 minutes Moderate Intensity; No Impact

Body Sculpting for all ages! Work and tone all of your body parts using light weights, bands and pilates ball. Targeted core training and muscular endurance is the focus using the barre for balance and assistance.

Mix-Fit: 60 minutes Moderate Intensity; Moderate Impact

Be in the mix with mixfit! Experience a new type of workout each week from land fitness to dance fitness to holistic fitness and spin fitness. This class provides definite variety that your body demands as it combines fun routines with specific muscle conditioning tailored to the class needs from week to week.

Seniorcise: 60 minutes Low Intensity; Low Impact

A low-impact fitness class for all ages and abilities focusing on enhancing flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat work, all levels of fitness welcome.

MIND & BODY CLASSES:



Gentle Yoga: 60 minutes Low Intensity; Non- Impact

Gentle flow yoga with deep controlled stretching using restorative poses. Guided breathing will leave you feeling relaxed and rejuvenated. Beginners Welcome!

This is a registered program; drop-ins welcome if space permits \$10/visit

Hatha Yoga Intermediate: 75 minutes Moderate Intensity; Non- Impact

For those with previous Yoga experience. Practice various body positions (Asanas) designed to improve health. Intermediate program uses more advanced poses and techniques focusing on increasing flexibility, strength and further developing the mind-body connection.

This is a registered program; drop-ins welcome if space permits \$10/visit

Power Yoga: 60 minutes Moderate Intensity; Moderate-Impact

This dynamic, flowing practice combines strength, flexibility, balance and endurance. Each class consists of dynamic flow of asanas (postures) combined with powerful breathing exercises that work the body as well as the mind. Through this cardiovascular and yoga workout, calories will burn, muscles will strengthen and flexibility will increase!

Restorative Yoga: 75 minutes Low Intensity; Non-Impact

This slower paced class focuses on deep breathing and slowing down the body to allow for passive stretching for extended periods of time. The goal is to heal and recuperate using props for support while achieving a level of deep relaxation.

This is a registered program; drop-ins welcome if space permits \$10/visit

Yoga Express: 40 - 45 minutes Moderate Intensity; Non- Impact

Short on time? This express Yoga class will get you through the day with renewed energy and an elevated mood. Breath control, simple meditation, and basic Hatha Yoga poses are all part of this fitness class designed for all levels of fitness. Previous Yoga experience is recommended but not mandatory.

Yoga-Fit: 60 minutes Moderate Intensity; Non- Impact

This drop-in fitness class incorporates various poses and practices from Hatha Yoga. This class is suitable for all levels of fitness though participants must be comfortable getting to and from the floor. Stances and poses are aimed at increasing your flexibility, strength and stamina with a focus on working your CORE. Each class will end with focused relaxation session leaving you feeling calm and limber!

Yoga Sculpt: 60 minutes Moderate Intensity; Non- Impact

This dynamic class incorporates hand weights throughout to help sculpt and tone your body as you stretch and move through various yoga poses. Each major muscle groups is targeted. No previous Yoga experience required.

DANCE FITNESS CLASSES:



DanceFit: 60 minutes

Moderate Intensity; Moderate- Impact

This cardio workout features dance moves from a variety of dance styles around the world. Suitable for all ages and abilities. Come join the fun!

Feel the Rhythm: 60 minutes Moderate Intensity; Moderate- Impact

An invigorated dance-fitness class to the Latin beats! This slower-paced Zumba allows participants to move at their own pace and uses modified, lower impact moves for older adults or those with physical limitations prohibiting participation in high impact programs.

This is a registered program; drop-ins welcome if space permits \$10/visit.

Zumba Adapted: 45 minutes Moderate Intensity; Moderate- Impact

For those with cognitive or physical challenges needing a slower pace but still wanting the exhilarating high-energy class with great music and unique dance moves. This program allows participants to move at their own pace and does not follow the traditional choreographed dance routines practiced in most Zumba programs.

Zumba Fitness: 60 minutes High Intensity; High- Impact

Inspired by traditional Latin dance including salsa and merengue with a fusion of Hip-Hop thrown in for fun! Zumba Fitness is an exhilarating dance fitness class that is more like a party than a workout. No dance experience needed.

This is a registered program; drop-ins welcome if space permits \$10/visit

Zumba Gold: 45 minutes Moderate Intensity; Moderate- Impact

The same great Zumba music and choreography but slower! Great class for those who love the Latin Dance moves and high energy class but enjoy the slower paced movement with less impact on the joints.

This is a registered program; drop-ins welcome if space permits \$10/visit

Zumba Plus Brazilian Moves: 60 minutes High Intensity; Moderate Impact

Tone your entire body and burn calories while dancing to the Brazilian beats. This class will explore a variety of Brazilian dance moves including: Samba, Axe, Capoeira, Timbalada, Frevo, Lambada and more. No dance experience needed

This is a registered program; drop-ins welcome if space permits \$10/visit.

CORE & FITNESS CLASSES:



30 Minute Abs: 30 minutes Low Intensity: Non-impact

30 minutes of low intensity abdominal and core strengthening exercises. Using a variety of equipment and bodyweight exercises, participants will work to strengthen the core and improve posture, flexibility and balance. Participants must be comfortable getting to and from the floor.

Barre & Core: 60 minutes Moderate Intensity; Low-impact

A comprehensive total body workout with emphasis on the core! This class uses a specific progressive approach from full range of motion movements to pulsing movements to static holds helping you become leaner, longer and stronger. Suitable for all fitness levels!

Core & Stretch: 60 minutes Moderate Intensity; Low-impact

40 minutes of moderately intense abdominal exercises followed by a 20 minute stretch and relax session. Using the stability ball and dynamic movement, participants will work the upper and lower ABS, oblique and lower back muscles.

Stretch it Out!: 30 minutes Low Intensity; Non-impact

30 minutes of nothing but the stretch! A relaxing series of exercises and postures that will relieve tight joints, elongate your muscles and improve posture. All fitness levels welcome!

CORE Express: 45 minutes Moderate Intensity; Non- Impact

This non-cardio class will target abdominals, obliques and back to activate and strengthen your core muscles. 30 minutes of targeted Abs and Core exercises followed by 15 minutes of stretching and relaxation using elements of Yoga and Pilates. Participants must be comfortable with mat/floor work.