# GROUP FITNESS

## SUMMER 2021

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tbody>
<tr>
<td>12:05 PM</td>
<td><strong>STEP/Cardio Sculpt</strong>&lt;br&gt;MPR</td>
<td><strong>Indoor Cycling</strong>&lt;br&gt;RR</td>
<td><strong>Group RX RIP</strong>&lt;br&gt;MPR</td>
<td><strong>Flex &amp; Flow</strong>&lt;br&gt;HS</td>
<td><strong>MetCon 45</strong>&lt;br&gt;MPR</td>
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<tr>
<td></td>
<td>M 50 min I Paul</td>
<td>40 min I Amanda</td>
<td>50 min I Paul</td>
<td>50 min I Wendy</td>
<td>45 min I Danika</td>
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<tr>
<td>5:15 PM</td>
<td><strong>Indoor Cycling</strong>&lt;br&gt;RR</td>
<td><strong>Indoor Cycling</strong>&lt;br&gt;RR</td>
<td><strong>Muscle Mix</strong>&lt;br&gt;MPR</td>
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<tr>
<td></td>
<td>50 min I Molly</td>
<td>50 min I Julie</td>
<td>60 min I Marcus</td>
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<tr>
<td>7:15 PM</td>
<td><strong>Zumba</strong>&lt;br&gt;HS</td>
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<td></td>
<td>60 min I Rachel</td>
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**ALL CLASSES ARE FREE FOR BASE, COMBINED AND STUDENT MEMBERS!**

Note: Instructors are subject to change without notice. URec trains certified group fitness instructors. New instructors may teach some, or all, of a class.

**LOCATIONS (CURRIE CENTER):**

- HS: Hatheway Family Fitness Studio, 2nd Floor
- MPR: Multi-Purpose Room, 2nd Floor
- RR: Reilly Family Spin Room, 3rd Floor

**ADDITIONAL NOTES:**

All participants are required to wear a face mask or covering in order to access the facility. Members may remove their mask when they reach their intended destination. Masks must be worn at all times when moving to different areas throughout the facilities.

Group fitness participants must register for each class, either online or by phone at (506) 453-4579, prior to class. Reservations are open 7 days in advance.

Yoga class participants are encouraged to bring their own mat.

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The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | URec.ca | 453.4579
CLASS DESCRIPTIONS

Cardio Sculpt
This class will add variety and spice to your workout with a combination of cardiovascular and muscle conditioning exercises that change each week!

Step
Join us for a fun-filled class consisting of choreographed moves for the step. This is a great cardiovascular workout suitable for all levels.

Zumba®
Join the party in this cardio dance class that incorporates various Latin dances such as salsa, merengue and samba.

Group Rx RIP
RIP is an exciting 50 or 60 minute barbell program for participants of all ages and fitness levels. Work your entire body in this amazing muscular strength and endurance workout.

Indoor Cycling
Our indoor cycling classes are geared for anyone from the outdoor enthusiast to those new to cycling. Join us as we take you on a ride that will leave you feeling great! Classes range between 40 (Express), 50 and 60-minutes!

Flex & Flow
An invigorating class focused on the exploration of mindful movement through breath and creative sequences of heart openers, balance poses and twists.

Muscle Mix
Challenge every muscle in your body! This high-energy class will use a variety of resistance equipment and help you achieve an awesome strength and endurance workout.

METCON45
Metabolic conditioning or “METCON” for short uses short bouts of higher intensity training designed to increase metabolic demand and increase energy usage. This full body interval style workout is designed to train stamina, endurance and conditioning. Join us for this quick and effective workout!

INTENSITY LEVEL INDICATOR

- Mild
- Moderate
- Intermediate
- Challenging