



Glen Abbey Recreation & Aquatic Centre

Recreation & Culture Department
 1415 Third Line, Oakville, 905-815-5950
Group Fitness Schedule

Effective Dec 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Lo Impact</i> 9-10 (alt Mondays)				<i>Power Step</i> 9-10:10 (alt Fridays)	<i>Low & Core</i> 8:30-9:30	<i>Sunday Sizzler</i> 9-10:30
<i>Body Sculpt</i> 9-10	<i>Hi/Lo Workout</i> 9-10	<i>Body Sculpt with Stability Ball</i> 9-10	<i>Cardio Mix</i> 9-10	<i>Body Sculpt</i> 9-10	<i>Hi/Lo Combo</i> 9:45-10:45	<i>Group Cycle</i> 10:35-11:35
<i>Interval Hi/Lo & Cycle/Interval Step & Cycle</i> (rotates) 10:05-11:05	<i>*Group Cycling</i> 10:05-11:10	<i>Step Interval</i> 10:05-11:05		<i>*Group Cycling</i> (alt Fridays) 10:15-11:00	Notes: <input type="checkbox"/> Schedule subject to change at any time based on attendance & instructor availability <input type="checkbox"/> We will be closed for all statutory holidays <input type="checkbox"/> Class size varies based on room size or equipment-30 for most classes/14 for Group Cycling/15 in the courts. Please check with reception staff <input type="checkbox"/> A minimum of four participants is required to qualify a fitness class <input type="checkbox"/> Please notify your instructor if you are injured or pregnant <input type="checkbox"/> Remember to work at your own pace and drink lots of water during your workout	
<i>Hi/Lo Combo</i> 12:10 – 12:50	<i>Body Sculpt</i> 12:10-12:50		<i>Body Sculpt</i> 12:10-12:50	<i>Yoga</i> 11:30-12:30		
	<i>Interval Express</i> 5:15-6					
<i>Beginner Bodies</i> 5:30-6:30	<i>*Group Cycling</i> 6-7	<i>Power Hour Plus</i> 5:45-7	<i>Body Sculpt</i> 6-7	<i>Hi/Lo Combo</i> 5:30-6:30		
<i>*Group Cycling</i> 6:45-7:30	<i>Beginner Zumba & Core</i> 7-8	<i>Hi/Lo Combo</i> 7-8	<i>*Group Cycling</i> 7:30-8:15	NEW! <i>Zumba</i> 7-8		
<i>Duo Step</i> 7:40-8:25	<i>Body Sculpt</i> 8-9					

Best beginner choice: Beginner Bodies, Low & Core

Classes for all levels: Cardio Mix, Group Cycling, Stability Ball, Step, Body Sculpt.

Most advanced classes: Power Hour Plus, Sunday Sizzler, Power Step.

***Group Cycling – not included in regular membership/additional fee applies**



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Class	Description
Beginner Bodies	Great for beginners. 20-25 minutes of low intensity, high/low impact aerobics plus muscle work and stretch.
Body Sculpt	A complete muscle conditioning workout with weights, bars, bands, tubing and stability ball. Guaranteed to tone entire body, improve posture and strengthen bones.
Cardio Mix	A mix of cycling, hi/low aerobics, muscle work using bars, balls and handweights. This is not a cycling class.
Hi/Lo Combo	High/low impact aerobics for all fitness levels. Muscle work, ending with stretching.
Interval Express	A compact, high energy workout including cardio and muscle resistance intervals. Ideal if you're short on time.
Group Cycling	Group exercise on stationary bikes. A fun ride, definitely a class to try.
Cycle & Strength	Group exercise on stationary bikes with a muscle conditioning component added.
Interval Hi/Lo & Cycle	Intermediate to advanced intervals alternating between cycling and hi/low aerobics. Includes muscle conditioning.
Interval Step & Cycle	Intermediate to advanced intervals alternating between cycling and step aerobics. Includes muscle conditioning.
Low & Core	40 minutes of low impact cardio at an easy pace followed by core conditioning and stretching.
Low Impact	Low impact aerobics for all fitness levels. Muscle work, ending with stretching.
Power Hour Plus	Advanced, high intensity aerobics with power moves and interval training plus challenging muscle work.
Power Step	Intermediate to advanced step with power and intensity including muscle conditioning
Stability Ball	A complete workout on the exercise ball that focuses on muscle conditioning, stability and balance.
Step	Step for all levels including cardio, muscle conditioning and stretching.
Duo Step	Step aerobics using two steps. Includes muscle work and stretching. Class is 45 minutes.
Sunday Sizzler	Advanced, high intensity aerobics with power moves and interval training plus challenging muscle work.
Hi/Lo Workout	An intermediate/advanced high/low impact workout with muscle work, ending with stretching.
Yoga	This class will relieve tension and anxiety. Not a cardio class, ideal for those trying Yoga for the first time.
Zumba Cardio Salsa	Latin inspired dance fitness combining toning and cardio dance moves. Fun for all fitness levels!

Day Care is available: 9 a.m. to 12:15p.m. on Mondays, 9 a.m. to 11:30 a.m. on Wednesdays and Fridays, 9 a.m. to 1 p.m. on Tuesdays and Thursdays. \$3.75 per hour per child or purchase a 20-hour pass for \$62.50

Important information:

- Members may sign up seven days in advance for classes subject to oversubscription.
- Pay-as-you-go participants including 10-visit pass holders may sign up one day in advance.
- Classes may be signed up for in person only — please call to cancel your booking if you're unable to attend a class you've booked.
- You must be 14 years of age or older to enter the fitness center.
- All members must scan their membership card upon arrival or upon request from staff.
- All guests must check in at the front desk.