



☎ 250-475-7121

Cedar Hill Recreation Centre - Reserved Drop-in Fitness Schedule

Effective: January 11- June 30, 2021

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20-20-20		9:00-10:00am				9:00-10:00am	
Core and More				9:00-10:00am			
Strength & Stretch		10:30-11:30am		10:30-11:30am			

Notes & Additional Information

Fitness Schedule is subject to change.

Please register on-line for these classes.

Please bring a mat and water bottle.



Suitable for everyone from beginners to advanced. Emphasizes fun and effective workouts; challenging options given for experienced participants.

20-20-20

Start off with 20 minutes of a combined gentle warmup and dynamic stretch, followed by 20 minutes of light weight lifting using body weight and/or dumbbells to improve strength, endurance and coordination before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress. Participants must bring their own mat to class.

Core and More

Improve strength and posture. Start with a 10-minute muscle warm-up then work on your core by strengthening and redefining your lower body. Finish with a 10-minute stretch to lengthen and relax core muscles. Improve strength, mobility and stability. Participants must bring their own mat.

Strength & Stretch

Develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up from and down to the floor safely. Participants must bring their own mat.