



# Pearkes Recreation Centre

## Fitness Class Schedule

☎ 250-475-5400

No classes on Statutory Holidays  
Effective January 2 – June 30, 2023

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Drill ❤❤❤	9:25-10:20am						
Basic Yoga ❤	7:05-8:00pm		4:00-4:55pm	10:00-10:55			
Body Fit ❤❤			5:00-5:55pm			9:30-10:25am	
Circuit Endurance ❤❤				6:00-6:55pm			
Cycle HIIT ❤❤					4:30-5:15pm		
Cycle Fit ❤❤	6:05-6:55pm	5:00-5:50pm		5:00-5:50pm		8:30-9:25am	
Cycle & Core ❤❤			9:15-10:10am				
Cycle & Strength ❤❤					9:15-10:10am		
Cycle & Stretch ❤❤			6:00-6:55pm				
HIIT Express ❤❤❤		6:00-6:45pm					
Strength & Stretch ❤❤		9:15-10:10am		9:00-9:55am			

## Drop In Class Descriptions

<b>Athletic Drill</b>	In this encouraging class, you will challenge your personal strength with focused training and instruction you would expect from a personal trainer. This class will increase your muscular strength and endurance through a combination of aerobic and strength intervals. Ideal for complete body toning.
<b>Basic Yoga</b>	Familiarize yourself with Yoga and practice the fundamental postures. This is not a progressive class.
<b>Body Fit</b>	This total body fitness class combines strength, conditioning, core and more to help you lose weight, build muscle & increase your muscular endurance! Various equipment maybe used such as bikes, weights, band etc.
<b>Circuit Endurance</b>	This class consists of a series of timed exercises performed one after the other with varying amounts of rest between each. You'll amaze yourself by how much strength and cardiovascular fitness you will gain.
<b>Cycle HIIT</b>	Get the most out of your time in this HIIT, cycle class. You will ride on a Keiser spin bike through quick rounds of sprints followed by short recovery periods ultimately, resulting in big fitness gains.
<b>Cycle Fit</b>	Come and challenge yourself in this cycling class, including intervals, drills, sprints, and climbs both in and out of the saddle. Motivational music will keep you energized on the Keiser Spin bike during the entire class.
<b>Cycle &amp; Core</b>	This class begins with 30+ minutes on the Keiser SPIN bike followed by core training that focuses on the lower back, hips, and abdominals, an important part of every fitness program.
<b>Cycle &amp; Strength</b>	This class combines 30 minutes on the bike followed by 25 minutes of strength training. You're sure to get a complete workout in this class. Exercise modifications will be shown to accommodate all fitness levels.
<b>Cycle &amp; Stretch</b>	Come and enjoy 40 minutes of cycling that includes drills, sprints, and climbs both in and out of the saddle followed by a 15-minute full body stretch.
<b>HIIT Express</b>	Participate in short periods of high intensity exercise followed by less intense recovery periods. The burst of intensity will burn fat and increase metabolism long after the workout. Set your own level off intensity.
<b>Strength &amp; Stretch</b>	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 and down to the floor safely.