

CLASS SCHEDULE

LCLC ACTIVE LIVING

STUDIO = ACTIVE LIVING STUDIO

Classes are subject to change.

Effective Dates: January 2 – May 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Studio
Gentle Yoga 8:00-9:15am		Essentrics 8:30-9:30am		Yin Yoga 8:00-9:15am		Essentrics 8:30-9:30am		Yin Yang Yoga 8:00-9:15am		Spin Bootcamp 8:30-10:00am	Essentrics 8:30-9:30am
Gentle Yoga 10:00-11:15am	Elderfit Aquacize 10:00-10:45am		Elderfit Aquacize 10:00-10:45am	Yin Yoga 10:00-11:15am	Elderfit Aquacize 10:00-10:45am		Elderfit Aquacize 10:00-10:45am	Yin Yang Yoga 10:00-11:15am	Elderfit Aquacize 10:00-10:45am	Pilates 10:15-11:15am	Powerflow Yoga 10:00-11:00am
Full Body Workout 12:00-1:00pm			Aqua Fitness 12:00-12:45pm	Full Body Workout 12:00-1:00pm			Aqua Fitness 12:00-12:45pm	Full Body Workout 12:00-1:00pm			
				Power Stretch 1:15-2:15pm				Pilates 1:15-2:15pm			
Spin 6:00-7:00pm		Pilates 6:00-7:00pm		Nia NON-LCLC 5:15-6:15pm		Pilates 5:45-6:45pm		Essentrics 5:30-6:30pm			
Hatha Flow Yoga 7:15-8:30pm		Circuit 7:15-8:15pm		Zumba w Mindy NON-LCLC 6:30-7:30pm	Aqua Fitness 7:00-8:00pm	Beginner Spin 7:00-8:00pm		Spin Pump 6:45-8:15pm		PLEASE NOTE: Classes labeled "Non-LCLC Class" are privately run and not included in the free fitness schedule classes for members.	

PRICING WINTER 2024

LCLC-Members: All LCLC active living classes are included in all-inclusive membership.

Non-Members: Drop-In fee of \$10 OR purchase an Aquafit or Active Living 10 Pass for \$70.

All prices subject to HST

IT'S RECOMMENDED TO PRE-REGISTER FOR STUDIO CLASSES DUE TO CAPACITY. REGISTER ON CONNECT2REC.COM, CALL US AT 902-530-4100 OR VISIT US IN-PERSON.

CLASS DESCRIPTIONS

LCLC ACTIVE LIVING

AQUA FITNESS

These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

SPIN BOOTCAMP

This class is a one-stop shop when it comes to exercise, the first half of the class comprising a spinning ride, and the second half moving off the bike for a full body strength workout. With Sal Fabrikaci

ESSENTRICS

Low intensity strengthening exercises and dynamic stretching to relieve pain, prevent injury, slenderize, and tone the body. With Rob Urquhart

FULL BODY WORKOUT

This workout focuses on upper body, lower body, and core, combining aerobic and strength exercises. With Sal Fabrikaci

POWER STRETCH

Open to all abilities focus on flexibility, joint health, preventing injury and building tone. With Sal Fabrikaci

POWER FLOW YOGA

Build strength, balance and flexibility in this vigorous, all-over, feel-great, Baron Baptiste-inspired hour of vinyasa yoga. With Jennifer MacLeod

HATHA FLOW YOGA

Come work on breathing techniques, warming the body and building postures from the ground up. With Joanne Green / Pam Greer

GENTLE YOGA

Is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation. With Pam Greer

YIN YOGA

Yin Yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. Yin Yoga is a more meditative approach to yoga. With Pam Greer

YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. With Pam Greer

SPIN

An ideal class for spin beginners, this engaging workout features fast-paced sessions with lighter rest intervals, enhancing both strength and stamina in a fun and dynamic manner. With Sal Fabrikaci

BEGINNER SPIN

A lighter Intensity class with a slower pace focusing on growing stamina and confidence on the equipment. 12 spin bikes available. With Sal Fabrikaci

SPIN BOOTCAMP

This class is a one-stop shop when it comes to exercise, the first half of the class comprising a spinning ride, and the second half moving off the bike for a full body strength workout. With Sal Fabrikaci



PRE-REGISTER FOR CLASSES TO SECURE YOUR SPOT!

It's recommended to pre-register for studio classes due to capacity. Register on connect2rec.com, call us at 902-530-4100 or visit us in-person.



Elderfit is a water exercise program designed for seniors and the physically compromised. Its mission is to raise awareness among seniors to the health and lifestyle benefits of remaining physically and mentally active. Aquacize sessions are taught by trained volunteer facilitators in a stress-free environment. Swimming ability is not required.