

# LCLC ACTIVE LIVING SCHEDULE

## ACTIVE LIVING STUDIO CLASSES

Effective Dates: March 4 – May 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Flex &amp; Fit!</b> 7:00 - 8:00am w/ Jamie	<b>Slow &amp; Steady.</b> 7:00 - 8:00am w/ Jamie	<b>Flex &amp; Fit!</b> 7:00 - 8:00am w/ Jamie	<b>Slow &amp; Steady.</b> 7:00 - 8:00am w/ Jamie	<b>Flex &amp; Fit!</b> 7:00 - 8:00am w/ Jamie		
<b>Gentle Yoga</b> 8:00-9:15am w/ Joanne or Pam	<b>Essentrics</b> 8:30-9:30am w/ Rob	<b>Yin Yoga</b> 8:00-9:15am w/ Joanne or Pam	<b>Essentrics</b> 8:30-9:30am w/ Rob	<b>Yin Yang Yoga</b> 8:00-9:15am w/ Joanne or Pam	<b>Spin Bootcamp</b> 8:30-10:00am w/ Sal	<b>Essentrics</b> 8:30-9:30am w/ Rob
<b>Gentle Yoga</b> 10:00-11:15am w/ Joanne or Pam	<b>Core-a-Blaze!</b> 9:45 - 10:15am w/ Jamie	<b>Yin Yoga</b> 10:00-11:15am w/ Joanne or Pam		<b>Yin Yang Yoga</b> 10:00-11:15am w/ Joanne or Pam	<b>Pilates</b> 10:15-11:15am w/ Sal	<b>Powerflow Yoga</b> 10:00-11:00am w/ Jennifer
<b>Full Body Workout</b> 12:00-1:00pm w/ Sal		<b>Full Body Workout</b> 12:00-1:00pm w/ Sal		<b>Full Body Workout</b> 12:00-1:00pm w/ Sal	<b>Feel Da Rhythm</b> 12:00 - 1:00pm w/ Jamie	
		<b>Power Stretch</b> 1:15-2:15pm w/ Sal		<b>Pilates</b> 1:15-2:15pm w/ Sal	<b>Core-a-Blaze!</b> 1:15 - 1:45pm w/ Jamie	
<b>Spin</b> 6:00-7:00pm w/ Sal	<b>Pilates</b> 6:00-7:00pm w/ Sal	<b>Nia</b> NON-LCLC 5:15-6:15pm w/ Kathleen	<b>Pilates</b> 5:45-6:45pm w/ Sal	<b>Essentrics</b> 5:30-6:30pm w/ Rob	<b>PLEASE NOTE:</b> Classes labeled "Non-LCLC Class" are privately run and not included in the free fitness schedule classes for members. Classes are subject to change.	
<b>Hatha Flow Yoga</b> 7:15-8:30pm w/ Joanne or Pam	<b>Circuit</b> 7:15-8:15pm w/ Sal	<b>Zumba</b> NON-LCLC 6:30-7:30pm w/ Mindy	<b>Beginner Spin</b> 7:00-8:00pm w/ Sal	<b>Spin Pump</b> 6:45-8:15pm w/ Sal		

## AQUATIC FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Elderfit Aquacize</b> 10:00-10:45am	<b>Elderfit Aquacize</b> 10:00-10:45am	<b>Elderfit Aquacize</b> 10:00-10:45am	<b>Elderfit Aquacize</b> 10:00-10:45am	<b>Elderfit Aquacize</b> 10:00-10:45am
	<b>Aqua Fitness</b> 12:00-12:45pm		<b>Aqua Fitness</b> 12:00-12:45pm	
		<b>Aqua Fitness</b> 7:00-8:00pm		



**PRE-REGISTER FOR CLASSES TO SECURE YOUR SPOT!**

## PRICING

**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.*

**DUE TO CAPACITY PLEASE PRE-REGISTER FOR ACTIVE LIVING CLASSES.**

**CONNECT2REC.COM, CALL US AT 902-530-4100 OR VISIT US IN-PERSON.**



LUNenburg COUNTY

**Lifestyle Centre**

www.lclc.ca

info@lclc.ca

(902) 530-4100

Register at Connect2Rec.com

## ACTIVE LIVING CLASS DESCRIPTIONS

### AQUA FITNESS

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

### CIRCUIT

This workout involves a rotation of various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time. With Sal Fabrikaci

### CORE-A-BLAZE!

Ignite those abs and feel the burn in our sizzling 30-minute class! Get ready to engage your core, unleash the fire within, and leave feeling stronger than ever! With Jamie O'Neil Wilson

### ESSENTRICS

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

### FEEL DA RHYTHM

Get groovin' with 1 hour of dance-infused cardio madness! Easy moves, epic beats, and nonstop fun - join the ultimate dance party where fitness meets rhythm! With Jamie O'Neil Wilson

### FLEX & FIT!

The dynamic resistance training class where muscle meets fun! Get ready to flex those muscles and let's get you fit and fabulous in the process. With Jamie O'Neil Wilson

### FULL BODY WORKOUT

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

### PILATES

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

### POWER STRETCH

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

### SLOW & STEADY

Dive into our low-impact strength and stability party, designed to keep you strong, balanced, and agile. Let's keep you moving gracefully through the years. With Jamie O'Neil Wilson

### 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

### 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

### 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

### 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

### 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



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.