

STUDIO CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	Flex & Fit! 7:00 - 8:00am w/ Jamie		Flex & Fit! 7:00 - 8:00am w/ Jamie			
Gentle Yoga 8:00-9:15am w/ Joanne	Essentrics 8:30-9:30am w/ Rob	Yin Yoga 8:00-9:15am w/ Pam	Essentrics 8:30-9:30am w/ Rob	Yin Yang Yoga 8:00-9:15am w/ Pam	Spin Bootcamp 8:30-10:00am w/ Sal	Essentrics 8:30-9:30am w/ Rob
Gentle Yoga 10:00-11:15am w/ Joanne	Feel Da Rhythm! 9:45 - 10:45am w/ Jamie	Yin Yoga 10:00-11:15am w/ Pam		Yin Yang Yoga 10:00-11:15am w/ Pam	Pilates 10:15-11:15am w/ Sal	Powerflow Yoga 10:00-11:00am w/ Jennifer
Full Body Workout 12:00-1:00pm w/ Sal		Full Body Workout 12:00-1:00pm w/ Sal		Full Body Workout 12:00-1:00pm w/ Sal	Gentle Core 11:30 - 12:00pm w/ Jamie	
Senior Spin 1:15 - 2:15pm w/ Sal		Flex + Stretch 1:15-2:15pm w/ Sal		Pilates 1:15-2:15pm w/ Sal	Feel Da Rhythm 12:15 - 1:15pm w/ Jamie	
Slow n Steady 2:30 - 3:30pm w/ Jamie		Gentle Core 2:30 - 3:00pm w/ Jamie		Slow n Steady 2:30 - 3:30pm w/ Jamie		
Core-a-Blaze 3:45 - 4:15pm w/ Jamie				Core-a-Blaze 3:45 - 4:15pm w/ Jamie		
Spin 6:00-7:00pm w/ Sal	Pilates 6:00-7:00pm w/ Sal	Nia NON-LCLC 5:15-6:15pm w/ Kathleen	Pilates 5:45-6:45pm w/ Sal	Essentrics 5:30-6:30pm w/ Rob	<p>PLEASE NOTE: Classes labeled "Non-LCLC Class" are privately run and not included in the free fitness schedule classes for members. <i>Classes are subject to change.</i></p>	
Hatha Flow Yoga 7:15-8:30pm w/ Joanne	Circuit 7:15-8:15pm w/ Sal	Zumba NON-LCLC 6:30-7:30pm w/ Mindy	Beginner Spin 7:00-8:00pm w/ Sal			

AQUATIC CLASS SCHEDULE

MON	TUE	WED	THU	FRI
Elderfit Aquacize 10:00-10:45am	Elderfit Aquacize 10:00-10:45am	Elderfit Aquacize 10:00-10:45am	Elderfit Aquacize 10:00-10:45am	Elderfit Aquacize 10:00-10:45am
	Aqua Fitness 12:00 - 12:45pm		Aqua Fitness 12:00 - 12:45pm	
		Aqua Fitness 7:00 - 7:45pm		

PRE-REGISTER FOR CLASSES TO SECURE YOUR SPOT!



ACTIVE LIVING PRICING

LCLC MEMBERS: All LCLC active living classes are included in membership.

Non-Members: \$10 drop-in or purchase a 10 Class Pass for \$70.

All prices subject to hst.

DUE TO CAPACITY PLEASE PRE-REGISTER FOR STUDIO CLASSES TO ENSURE YOU HAVE A SPOT.



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

GENTLE CORE

Explore core fundamentals and strengthen your center with purposeful yet gentle exercises. Join this 30-minute class to understand and uncover the hidden strength within your core. With Jamie O'Neil Wilson

FLEX & 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. 11 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. 11 spin bikes available. 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. 11 spin bikes available. With Sal Fabrikaci

HATHA FLOW YOGA

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

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 Joanne Green

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.