

ACTIVE LIVING SCHEDULE
FALL 2024

STUDIO CLASS SCHEDULE

MON		TUE		WED		THU		FRI		SAT		SUN	
Studio	DLT	Studio	DLT	Studio	DLT	Studio	DLT	Studio	DLT	Studio	DLT	Studio	DLT
Flex & Fit! 6:45 - 7:45am w/ Jamie	Member Only Use 6:30 - 10:30am	Slow & Steady 7:00 - 8:00am	Member Only Use 6:30 - 10:30am	Flex & Fit! 6:45 - 7:45am w/ Jamie	Member Only Use 6:30 - 10:30am	Slow & Steady 7:00 - 8:00am w/ Jamie	Member Only Use 6:30 - 10:30am	Flex & Fit! 6:45 - 7:45am w/ Jamie	Member Only Use 6:30 - 10:30am		Member Only Use 7:30 - 9:00am		Member Only Use 7:30 - 12:00pm
Gentle Yoga 8:15 - 9:30am		Essentrics 8:30 - 9:30am w/ Rob		Yin Yoga 8:15 - 9:30am		Essentrics 8:30 - 9:30am w/ Rob		Chair Yoga 8:15 - 9:30am			Spin Bootcamp 9:00 - 10:30am	Essentrics 9:00 - 10:00am	
Gentle Yoga 10:00 - 11:15am				Yin Yoga 10:00 - 11:15am				Yin Yang Yoga 10:00 - 11:15am		Flex & Stretch 10:45 - 11:15am w/ Sal		Powerflow Yoga 10:30 - 11:30am	
Flex & Stretch 4:30 - 5:15pm w/ Sal				Gentle Core & More 4:30 - 5:15pm		Gentle Core & More 4:30 - 5:15pm							
Feel Da Rhythm! 5:30 - 6:30pm	Spin 5:15 - 6:15pm	Full Body Workout 5:15 - 6:15pm		Feel Da Rhythm! 5:30 - 6:30pm		Flex & Fit! 5:30 - 6:30pm w/ Jamie	Beginner Spin 5:30 - 6:30pm	Essentrics 5:30 - 6:30pm					
Hatha Flow Yoga 7:00 - 8:15pm	Member Only Use 7:30 - 9:00pm	Circuit 6:30 - 7:30pm	Member Only Use 7:30 - 9:00pm		Member Only Use 7:30 - 9:00pm	Full Body Workout 6:45 - 7:45pm	Member Only Use 5:30 - 8:00pm						

SCAN ME




PRE-REGISTER FOR CLASSES TO SECURE YOUR SPOT!

Register online at connect2rec.com, in-person at the LCLC or by calling 902-530-4100.



AQUATIC CLASS SCHEDULE

MON	TUE	WED	THU	FRI
Elderfit Aquacize 10:00 - 10:45am (Lap Pool)	Elderfit Aquacize 10:00 - 10:45am (Lap Pool)	Elderfit Aquacize 10:00 - 10:45am (Lap Pool)	Elderfit Aquacize 10:00 - 10:45am (Lap Pool)	Elderfit Aquacize 10:00 - 10:45am (Lap Pool)

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. And then, learn how to apply that knowledge to aid and keep you safe during exercise and everyday activities. 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. Instructors Vary

GENTLE YOGA

Is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation. *Instructors Vary*

POWER FLOW YOGA

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

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. Instructors Vary

YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. Instructors Vary

CHAIR YOGA

Traditional yoga postures practiced using a chair to sit on or for support standing. It also includes breathing exercises and relaxation techniques. It is a great way to experience the benefits of yoga in a supported, accessible manner.



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.