



ACTIVE LIVING SCHEDULE
WINTER 2025

STUDIO CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Flex & Fit! 6:45 - 7:45am w/ Jamie	Slow & Steady 7:00 - 8:00am w/ Jamie	Flex & Fit! 6:45 - 7:45am w/ Jamie	Slow & Steady 7:00 - 8:00am w/ Jamie	Flex & Fit! 6:45 - 7:45am w/ Jamie		
Gentle Yoga 8:15 - 9:30am w/ Jennifer	Essentrics 8:30 - 9:30am w/ Rob	Yin Yoga 8:15 - 9:30am w/ Pam	Essentrics 8:30 - 9:30am w/ Rob	Chair Yoga 8:15 - 9:30am w/ Pam	Bootcamp 9:00 - 10:30am w/ Sal	Essentrics 8:30 - 9:30am w/ Rob
Gentle Yoga 10:00 - 11:15am w/ Jennifer		Yin Yoga 10:00 - 11:15am w/ Pam	Tai Chi NON-LCLC 10:00 - 11:00am	Yin Yang Yoga 10:00 - 11:15am w/ Pam	Flex & Stretch 10:45 - 11:45am w/ Sal	Powerflow Yoga 10:30 - 11:30am w/ Jennifer
			Tai Chi NON-LCLC 11:00 - 12:00pm		Budokan 12:30 - 2:00pm w/Perry	
Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:15 - 1:15pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	  <p>PRE-REGISTER FOR CLASSES TO SECURE YOUR SPOT!</p> <p>Register online at connect2rec.com, in-person at the LCLC or by calling 902-530-4100.</p>	
Flex & Thrive 1:15 - 2:15pm w/ Heidrun	Energy Dance Flow 1:15 - 2:15pm w/ Heidrun	Flex & Thrive 1:15 - 2:15pm w/ Heidrun	Energy Dance Flow 1:30 - 2:30pm w/ Heidrun	Flex & Thrive 1:15 - 2:15pm w/ Heidrun		
Full Body Workout 4:30 - 5:30pm w/ Sal	Full Body Workout 4:30 - 5:30pm w/ Sal	Gentle Core & More 4:30 - 5:15pm w/ Jamie	Gentle Core & More 4:30 - 5:15pm w/ Jamie			
Feel Da Rhythm 5:45 - 6:45pm w/ Jamie	Beginner Spin 5:45 - 6:45pm w/ Sal	Feel Da Rhythm! 5:30 - 6:15pm w/ Jamie	Flex & Fit! 5:30 - 6:30pm w/ Jamie	Essentrics 5:30 - 6:30pm w/ Rob		
Vinyasa Flow Yoga 7:00 - 8:00pm w/ Claire	Circuit 7:00 - 8:00pm w/ Sal	Zumba with Mindy NON-LCLC 6:30 - 7:30pm	Budokan 7:00 - 8:30pm w/Perry			

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
		Aquafit 12:00 - 12:45pm / 7:00 to 7:45pm	Aqua Fitness 12:00 - 12:45pm	

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.



BEGINNER SPIN

A lighter Intensity class with a slower pace focusing on growing stamina and confidence on the equipment. 11 spin bikes available.

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.

BUDOKAN

a fun, beginner-friendly class that blends health, wellness, and self-defense. Learn key techniques like Sanchin and Geki Sai Ichi while boosting strength, flexibility, and focus in a supportive environment. Build confidence, discipline, and practical self-defense skills.

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.

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.

ENERGY DANCE FLOW

Energy Dance Flow is a fun, high-energy dance workout that blends powerful moves with upbeat music to energize your body and mind. Burn calories while having a blast!

ESSENTRICS

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

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!

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.

FLEX & STRETCH

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

FLEX & THRIVE

A class for everyone! Flex & Thrive combines stretches and strength work that will increase range of motion, stabilization and control, to promote greater joints range and functional movement.

FULL BODY WORKOUT

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

GENTLE CORE & MORE

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

GENTLE YOGA

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

POWER FLOW YOGA

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

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.

TOTAL BODY BOOST

This class is packed with variety and fun. You will develop strength, cardiovascular fitness, mobility, and endurance. Classes may use a variety of methods from intervals and circuits. This class has it all!

VINYASA FLOW YOGA

Aimed at being an accessible class for a variety of practitioners, this "All Levels" class is inspired by Vinyasa Krama roots. Expect to see some dynamic movement, pauses, and a thematic sequence. This class is intended to be nourishing and relaxing.

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.

YIN YANG YOGA

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

AQUA FITNESS

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



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.