



SHEARWATER

FORCES IN TRAINING

SHEARWATER FITNESS AND SPORTS CENTRE FALL CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
0630-0830		LANE SWIM		LANE SWIM			
0730-0815	FORCE PREP	FORCE Performance	FORCE PREP	FORCE Performance	FORCE PREP*		
0800-0845					GENTLE YOGA		
0930-1030						SPIN	YOGA
1030-1130			AQUAFIT				
1145-1230	SPIN	FUNCTIONAL MOVEMENT	SPIN	FUNCTIONAL STRENGTH	RANGE OF MOTION		
1200-1300	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM		
1230-1300	YOGA		YOGA			AQUAFIT (1300-1400)	
1800-1900	BOOT CAMP	YOGA SPIN	BOOT CAMP	YOGA			

*Last Friday of each month is FORCE Famil

AQUAFIT – (Beginner to advanced) This is a shallow/ deep water cardiovascular workout. Low impact exercise that is designed to increase the heart rate. Great all over body workout.

BOOT CAMP – Classical calisthenics combined with strength and conditioning will give you drive and motivation to exceed your personal best. Expect to run, jump, pull, and push yourself over all obstacles.

FUNCTIONAL MOVEMENT – This class focuses on the basic movement patterns of life: pushing, pulling, bending, twisting, squatting, lunging and walking. The emphasis is on technique, proper form and safety for lifting weights.

FUNCTIONAL STRENGTH – This intense strength and conditioning class uses a variety of equipment (tires, ropes, TRX, medicine balls, kettlebells) to create a broad, functional fitness.

FORCE Prep – This circuit class will incorporate shuttling, sprinting, lifting and dragging to prepare members for the FORCE test. Members can work at their own pace, making this class suitable for all levels.

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FORCE PERFORMANCE – This class is designed for participants aiming to achieve Silver and above on the FORCE test. Workouts vary between high intensity intervals, barbells, sandbags, endurance training and body weight all aiming to improve each aspect of the FORCE test.

RANGE OF MOTION – Mobility is a core component to adapt your body to any new challenges. This all levels class will incorporate not just traditional stretching, but deep tissue attention through techniques like myofascial release and foam rolling. Movement exercise will make you sweat in ways you never imagined.

SPIN – An excellent way to improve cardiovascular fitness. Instructors will incorporate various tempos, resistance and great music to make for a fun class. Participants can work at their own pace, making this class suitable for all levels.

YOGA – A brief introductory level class to help calm the mind and relax the body during busy days. This 30 minute class offers further stretching if you regularly participate in group fitness or an opportunity to improve balance and posture to reduce your risk of injury. Join us in the warm basement multipurpose room where everything you need is available. Bring your own mat or use one of ours, and don't forget to bring your water bottle.

GENTLE YOGA – Approachably designed for starting a yoga practice. Our 45 minute gentle yoga combines some short standing poses and intentionally slower ground movement to strengthen your posture and relax your mind. Props are used to cushion the joints and allow for a deeper exploration of your body. Join us in the basement multipurpose room where everything you need is available.