



Summer 2019
2 July - 30 Aug

Fitness & Specialty Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1145-1230	COMBAT	BOOT CAMP	YIN YOGA	S.A.Q	
1430-1515	FORCE FOUNDATION**		FORCE FOUNDATION**		

DROP IN FEES:

See website for swim drop-in fees

SINGLE:

45 min & 1 hr classes

\$6.50 Rec Pass Holders

\$8.50 All Authorized Users

10x PUNCH CARDS:

45 min classes

10/\$45 Rec Pass Holders

10/\$60 All Authorized Users

** 2 Stars = Military Only

 [19WingComoxPSP](https://www.facebook.com/19WingComoxPSP)

www.cafconnection.ca/



NOTE:

Schedule subject to change.
 Visit our Facebook page
 for updates.

SHADED CLASSES: (class descriptions on back)

Are **FREE** to Military/DND/PSP & MFRC Employees.
 Rec Pass Holders are welcome if space permits—see drop in fees

DON'T HAVE A REC PASS?

Contact the Recreation office today for details on rates and payment options.
 Recreation Assistant, 250-339-8211 Local 7173

COMBAT FITNESS

A high intensity workout that includes functional movements and strength challenges. Designed to assist you in achieving your desired fitness and skill outcomes while keeping up with operational demands. Never the same workout twice!

S.A.Q. (SPEED, AGILITY, QUICKNESS)

This program is intended to introduce proper fitness techniques that are in correlation to balance, coordination, agility, speed and quickness. This class will target the four components of physical fitness: Muscular strength and endurance, cardiovascular/cardio respiratory endurance, flexibility and body composition.

YIN YOGA

A slower style of yoga that focuses solely on the stretching aspects of yoga. The Yin style targets the connective tissues (tendons, fascia & ligaments) and the muscles with the aim of increasing circulation in the joints & improving flexibility. Postures are held for 3-5 minutes and the use of props are encouraged so the body can feel supported and to allow the body to relax and release. Enter your weekend feeling peaceful and blissful!

BOOT CAMP

This class will focus on functional movements that will include a mix of aerobic, strength training and speed elements. This intense workout will provide a whole body workout that will leave you sweating and wanting to come back for more!

****FORCE FOUNDATION - MILITARY MEMBERS ONLY**

Structured training sessions for the needs of CAF members to pass the FORCE Evaluation, and more importantly the rigours of operations. Also known as the Supplementary Physical Training Program.

**CLASSES SUBJECT TO CHANGE.
JOIN OUR WEEKLY EMAIL LIST FOR UPDATES**

