



MARCH BREAK FITNESS SCHEDULE

AFC: Army Fitness Centre

DDH: Dundonald Hall

Rec Plex: Recreation Complex



Time	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16
9:00am		Aquafit DDH Pool	Aquafit DDH Pool	Aquafit DDH Pool		
9:15am						Muscle Pump Rec Plex
10:30am						Spin DDH Spin Room
6:00pm		Boot Camp AFC	STRONG45 DDH Spin Room	Boot Camp AFC		
7:00pm		Zumba Rec Plex Gym		Zumba Rec Plex Gym		
7:15pm	Spin DDH Spin Room		Spin DDH Spin Room			
8:00pm		Aquafit DDH Pool		Aquafit DDH Pool		

AQUAFIT - A fun and challenging way to get fit! We use the resistance of the water to stretch and work a variety of muscle groups with low-impact alternatives.

Participants do not need to know how to swim

BOOT CAMP – Intermediate (AFC) -Challenge your fitness with our AFC boot camp class with options from rowing to kettle bells, barbells and beyond! Weight training experience is recommended.

MUSCLE PUMP - Balance your fitness routine with a class dedicated to muscle strength and endurance. Designed to tone and define both large and small muscle groups. Every exercise can be scaled to your level of fitness. Class uses dumbbells, body bars and body weight.

SPIN - An exciting workout for the beginner or the seasoned cyclist! An excellent way to get a vigorous low impact cardio workout – burn calories and keep your muscles in shape through endurance, interval strength and recovery rides.

STRONG45- This is a 45 minute body weight HITT cardio and strength workout. This 'HITT' stands for High Intensity Tempo Training where the music helps push you through the workout.

ZUMBA - A fun fitness program that combines Latin music with easy-to-follow dance moves and aerobic elements. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training.