



Winter 2020 6 Jan - 13 March

Fitness & Specialty Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------------------------|---------|------------------------------|-----------|-----------|
| 1145-1230 | COMBAT | CORE | -VINYASA YOGA & - SPIN | BOOT CAMP | YIN YOGA |
| 1430-1515 | ⚡ FORCE FOUNDATION** | | ⚡ FORCE FOUNDATION** | | |
| 1600-1700 | ⚡ AQUAFIT & ⚡ YOGA | | ⚡ AQUAFIT | | ⚡ AQUAFIT |

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

Save 10 % on punch cards
when you purchase them
between 6 to 10 January

TRY IT WEEK!!

6-10 Jan

Classes are FREE to all Rec pass holders

** 2 Stars = Military Only

⚡ = Free for Military Members

Drop in fees apply for all other participants.

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

www.cafconnection.ca/comox

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!

VINYASA FLOW YOGA

A class that has a dynamic nature of moving from one posture to the next and challenges you to find space & stillness in the posture. This class combines sun salutations, standing postures, balancing postures and seated & lying postures into a fun class with music & themes. The perfect mid week pick me up!

CORE

This class will focus on core stability, muscle control and mobility. This class is a great complimentary activity to any sport or gym routine.

SPIN

The only thing you'll miss is the traffic! No matter what your cycling experience, you are sure to have a workout you won't forget. Take your fitness routine up a notch, whether you're a beginner looking to get started, or an advanced rider trying to reach a goal, we've got you covered.

BOOT CAMP

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

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!

****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.



AQUAFIT

A total body water workout featuring a balance of cardio as well as muscular strength and endurance. Great for all levels of fitness. Non-swimmers welcome.

CLASSES SUBJECT TO CHANGE.

