



HEALTH & FITNESS

WINTER LAND & AQUATIC FITNESS SCHEDULE January 6 to March 16, 2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00-6:45am	Synrgy Circuit ◊	Strength & Stretch	Synrgy Circuit ◊	HITT	TRX Circuit		
7:45-8:30am		Body Conditioning		Body Conditioning		Strength & Cardio Bootcamp (7:30 - 8:15am)	
8:00-8:45am	Synrgy Circuit ◊					Aqua Fit Shallow	Spin
8:15-9:00am	Aqua Fit Shallow	Water Wellness**	Aqua Fit Shallow	Water Wellness**	Aqua Fit Shallow		
8:45-9:30am	Spin	Strength Circuit	Strength & Core ▷	Spin	Step & Strength Combo	Synrgy Circuit ◊ (9:00-9:45am)	
9:15-10:00am	Synrgy Circuit ◊	Aqua Fit Shallow	Synrgy Circuit ◊	Synrgy Circuit ◊			Vinyasa Yoga (9:00-10:00am)
	No Sweat ▷			Aqua Fit Shallow			
9:30-10:15am	Step & Strength Combo (9:45-10:30am)	Stretch, Roll, Release (9:45-10:30am)	Seniors' Chair Fitness @Boswyk!		Tone & Sculpt (9:45-10:30am)		
10:15-11:00am	TRX Circuit ◊		Synrgy Circuit ◊	TRX Circuit ◊	Synrgy Circuit ◊		
10:45-11:45am	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Yoga Fusion	TRX Circuit (11:00-11:45am)	
12:00-12:45pm	\$2 Quick Fit (12:10-12:45pm)	Aqua Fit Shallow		Aqua Fit Deep			
				\$2 Quick Fit (12:10-12:45pm)			
12:15-1:00pm		Seniors' Chair Yoga @Boswyk!					
1:45-2:30pm		Senior Fit Circuit ◊		Senior Fit Circuit ◊			
5:30-6:15pm	Spin	Restorative Yoga (5:30-6:30pm)	TRX Spin Combo (5:30-6:30pm)	Pilates (5:15-6:15pm)			
6:45-7:30pm	Strength & Core	Core & More	Body Conditioning	Spin			
7:45-8:45pm	Pilates		Relaxation Yoga	Hatha Yoga			

▷ Held in MLC Gymnasium
◊ Held in Weight Room
▶ Held in Multipurpose Room
**Held in Leisure Pool
! Boswyk - Membership Required
Classes held in studio or main pool unless stated otherwise.

Schedule is subject to change without notice. Drop-in rates apply or are included in your membership.

Register up to five (5) days in advance at mission.ca/register.

Classes do not run on stat holidays and some of the stat weekends:

- Feb. 17



For more information please scan or visit.

mission.ca/fitness

Class Descriptions

POOL

Aqua Fitness Shallow

A low-impact class and total body workout! Those with arthritis may find this program effective and fun. May attend from the deep end, if desired.

Aqua Fitness Deep

It's a total body workout in the deep end of the pool that targets all major muscle groups while being easy on joints. Buoyancy belts are available.

Water Wellness

A gentle yet effective water workout including stretching and lighter exercises to help improve joint mobility, tone muscle and improve posture.

STUDIO / GYMNASIUM

\$2 Quick Fit

Enjoy a variety of exercises to give you an effective and condensed workout in just 35 minutes over your lunch hour! Warm-up before hand if you have the time.

Ball & Core Strength

A total body workout that challenges the body through stabilization and balance. Weights and other equipment are used to challenge your muscles, strengthen your core, and improve your posture.

Body Conditioning

A full body workout using a mixture of body bars, lighter dumbbells (higher reps), resistance bands and cardio moves.

Core & More

Core conditioning is so much more than just abdominal crunches! Enjoy new exercises that can help improve posture and build strength to take on life head-on!

HIIT

Interval training routine to improve muscle tone and cardiovascular health. This high intensity class will challenge your strength and endurance!

No Sweat

A pre-choreographed weight resistance workout using body bars and dumbbells. This all-levels class helps tone the whole body

Spin

Spin classes are a great time! Motivating and high-energy while burning calories, building muscle and relieving stress on our Keiser spin bikes.

Step & Strength Combo

Enjoy a fun classic cardio workout using a height adjustable step and free weights. Step up, around, and down the platform in different patterns to boost heart rate, improve cardiovascular and strength.

Strength & Cardio Bootcamp

Get your heart-rate up with a total body workout including strength training, aerobics, plyometrics, TABATA and circuits. All levels welcome!

Strength & Core

A full body strength workout that focuses on building muscle and strengthening the core to help improve posture and prevent injury.

Strength & Stretch

Full body strength class with dumbbells, bands, and body bars. Finish the class off with a full body stretch to start your morning off right!

Stretch, Roll & Release

Learn to breathe, relax and roll through tight areas of your body. Release muscle tension and soreness while improving functional mobility and flexibility.

Tone & Sculpt

Use hand weights and resistance bands to challenge muscular endurance with a wide variety of exercises and ranges of motion.

WEIGHT ROOM

\$2 Quick Fit - TRX

TRX suspension training using body weight exercises to develop strength, balance, flexibility and core stability leaving you feeling strong and accomplished!

Syrngy Circuit

The circuit includes strength, endurance, agility, plyometrics and core conditioning (warm-up on your own!). Located in the Weight Room.

TRX Circuit

Test your strength in a whole new way! No experience necessary but be prepared to progress slowly through the movements/exercises to ensure optimal results.

YOGA & PILATES

Pilates

Mat Pilates means no reformer is used. In this class, you hold movements like planks, side planks, and core exercises to build muscles and core strength.

Yoga - Hatha

Enjoy a total body stretch while tuning into your breath work, posture, and mood. This session is sure to help you start your day on the right foot!

Yoga Fusion

Yoga + Pilates + Core Conditioning = Yoga Fusion. Be prepared to work hard and enjoy improving muscular endurance, range of motion and posture.

Vinyasa (Flow) Yoga

Raise your heart rate and challenge your strength with quick sequencing designed to keep you moving. A relaxing savasana will be provided at the end of the class.

OLDER ADULTS

Seniors Chair Fitness

Seated (or not) chair exercise to improve muscular endurance and coordination. Enjoy a fun workout routine each week! No experience necessary.

Seniors Chair Yoga

Seated (or not) chair yoga. Ideal for all fitness levels and abilities. This all-levels class will include modifications so that every pose can be achieved by all.

Seniors Fit Circuit

The Seniors Fitness Circuit program will go through ability-appropriate cardiovascular, muscle conditioning and flexibility exercises along with brain fitness exercises to keep all aspects of health and wellness running optimally!

Join us in the weight room!

- Book a one-time orientation time with us
- Book a personal training session
- Register for the Teen Intro to Weight Training
- Come for a workout!

Weight Room Hours

Mon-Fri 5:30am - 9:00pm

Sat-Sun 7:00am - 8:00pm

Stat Holidays 8:30am - 4:30pm

Hours listed above are for youth 16+ years.

Teen Weight Room Hours

Mon-Fri 3:00pm - 5:00pm

Sat-Sun 1:00pm - 3:00pm

Hours listed above are for youth 13-15 years, with or without an orientation.

Youth ages 13-15 years are permitted to use the weight room outside of teen hours if attending with adult/19+ years supervision or have taken the Teen Intro to Weight Training course.

Single admission rates or Leisure Pass rates are available. Find your best fit!

Before we welcome you, please review these important tips.

Fitness Safety & Stat holidays:

- When attending any class, please let the instructor know if you are new to exercise or pre/post natal. The goal is to ensure a safe workout.
- Classes welcome users ages 13+.
- Please arrive to class a minimum of 5 minutes beforehand to set up and get comfortable. Late class arrivals will not be accommodated.
- Classes do not run on stat holidays and their weekends including, Feb. 17. Schedule is subject to change without notice.

Join us for Discount
Weight Room on Sundays!
\$2 from 10:15am-12:15pm