

WMC – Fitness Class Descriptions

Spin	Spin (cycling) focuses on endurance, strength, intervals, hills, higher intensity and recovery, burning calories and strengthening your lower body.
Body Toning Circuit	Resistance training targeting fat loss, muscle building and aerobic fitness, moving from one exercise to another while keeping the heart rate at an increased level, generally working all muscle groups.
Endurance Ride	This class is designed to be more similar to an outdoor ride. The intervals and climbs are longer than that of a regular spin class, pushing the endurance of the participants.
Total Body Conditioning/ Body Sculpt	This class uses a variety of free weights, bands and body weighted exercises to tone and condition muscles while raising metabolic rate for rapid fat-burning
Walk Fit	A class designed to keep your heart rate up and muscles warm. Walk Fit includes intervals of gentle walking, speed walking, stretching, and a variety of movements to get the heart pumping such as- marching on the spot.
Power Circuit	Resistance training targeting fat loss and muscle building in 30 minutes. With minimal time between exercises, the heart rate stays at an increased level while working lower body, upper body, and core.
Spin Express	An energetic way to spend the lunch hour, with all of the components of a spin class, just offered as a 30 min express.
Skip Fit	This class focuses on a combination of cardiovascular endurance as well as strength training. It is taught as an interval type class using skipping (jump rope) in short period segments with resistance training in between each skipping segment. This class covers all fitness components giving you a great all around workout.
Awesome Abs	This 15 minute core intensive class is designed to burn out the abs in a short intensive class. Finish off your spin workout with the class, or add it in as part of your Saturday morning routine.
Zumba	Zumba features aerobic interval training with fast and slow rhythms that sculpts the body with high energy and motivating music that allow participants to dance away their stress and worries. This is an all round FUN class!
Pilates	Muscle toning exercises through body weighted movements, increasing strength throughout the core.
Yoga	Different sequences and challenging vinyasas to help improve you strength, flexibility and muscle balance while targeting your core muscle group.
Step	Bringing back the old and making it NEW! Step is an aerobics based class involving the performance of various movements while challenging yourself on the steps provided. Step is an enjoyable way to meet new people and keeping up the heart rate with your workout.
Moving Together Mom and Baby Class (Register Only)	This class is offered to all members and non members. It is a series of exercises for mothers and their babies. It is an excellent class to get in a great workout, and socialize and meet other new moms. The class is run every Thursday morning 9-10am.
30 Minute Ab Blast	This 30 minute class focuses on core stability exercises. This class is a great lunch hour class taking place each and every Friday. Various abdominal and stabilizing exercises for each week. Chisel your abs in just 30 minutes.

- ⇒ **All of the classes listed above can be attended by participants using a 10 class Fitness Pass.**
- ⇒ **The passes are available for purchase at the Customer Service desk for \$60.00**
- ⇒ **Fitness Class Drop-in's are also available for \$7.00 per class.**

- ⇒ **All Fitness Classes are included with a Fitness Membership, as well as, unlimited use of the Fitness Centre**
- ⇒ **Fitness Centre Drop-in's are available for \$10.00 which includes unlimited day use of the Fitness Centre as well as participation in any Fitness class.**