

Fitness Activities	Class Names	Class Description	Formerly known as...
Aquatic	Aquafit Shallow	This water-based class gives your body a total workout with little impact and joint stress. Workout intensity is appropriate for all levels.	Aquafit Shallow, Aquafit Shallow Adapted \$2, \$2 Aquafit Shallow - WOMEN'S ONLY 14yrs&up
Aquatic	Aquafit Deep	This deep water class challenges all your muscle groups while eliminating impact to muscles, tendons or joints. Great class to use as cross training to prevent overuse injuries.	Aquafit Deep
Aquatic	Aquafit Interval	This class combines interval training to challenge all your muscle groups while eliminating impact to muscles, tendons or joints. Great classes for athletes to cross train to prevent overuse injuries.	Aquafit Tabata, Kick up your Cardio Combinations
Aquatic	Exercise for Range of Motion Level 1	This water based class focuses on developing muscle strength, increasing range of motion, reaction time and reducing risk of falls.	Active with Arthritis Level 1
Aquatic	Exercise for Range of Motion Level 2	This water based class focuses on developing muscle strength, increasing range of motion, reaction time and reducing risk of falls.	Active with Arthritis Level 1 & 2
Cardio 1	Cardio 1	This classic aerobics class will get your body moving by combining simple choreography and resistance training followed by a relaxing stretch component. This class is great for people beginning or returning to physical activity or for those who prefer low impact, low intensity exercises.	Aerobics Mild, Mild +, Energizers - , Mild Women's Only \$2, Low Impact
Cardio 2	Cardio 2	This class incorporates traditional choreography of moderate to high intensity, high and low impact moves with a variety of conditioning exercises.	Aerobics Moderate, Aerobics Moderate-\$2 Women Only, Moderate+, Cardio Strength & Stretch, Endurance Core, Fit & Fabulous, Hi/Lo Aerobics, Cardio Mix
Cardio 2	Cardio Kickboxing	This class will build stamina, improve coordination and flexibility. A combination class of martial arts, kicking and boxing with upbeat music for a high-energy workout.	Aerobics Moderate- Cardio Kickbox
Cardio 3	Cardio 3	This class incorporates traditional choreography of high impact moves as well as low impact alternatives mixed with a variety of conditioning exercises.	Aerobics Intense HINRG: , Aerobics Moderate ++, Intense Interval Body Conditioning, Full Body Blast
Circuit	Circuit 1	This station-based class allows you to go at your own pace. Stations include strength, cardio, agility and balance for a complete work out.	50+ Circuit Training, Circuit Training Mild, Circuit Training Workout, Circuit Training Beginners, Circuit Training Mild 50+
Circuit	Circuit 2	This station-based class allows you to go at your own pace. Stations include strength, cardio, agility and balance for a complete work out.	Circuit Workout, Circuit Workout \$2
Health Management	Cardiac Rehab 3-4	Phase 3-4 (Maintenance Level) For those who have a heart condition or are trying to prevent a heart condition. Exercise classes are supervised by Certified Exercise Physiologists. Referral by physician or medical professional required.	Cardiac Rehab Phase 3-4
Health Management	Supervised Rehab	A qualified fitness professional will supervise your personalized program in a Fitness Centre. These drop-in classes take place at Parkgate on Tuesday and Thursday between 11:00 am-12:00 pm.	Supervised Rehab
Health Management	Movement and Mobility 1	Featuring chair based exercises that focus on improving joint and movement patterns that help regain strength, improve mobility to prevent injuries.	Active with Arthritis Level 2
Health Management	Movement and Mobility 2	Featuring chair based exercises that focus on improving joint and movement patterns that help regain strength, improve mobility to prevent injuries.	Osteo/Arthritis, Osteo, Chair Aerobics, Active with Arthritis Level 1

Fitness Activities	Class Names	Class Description	Formerly known as...
Health Management	Movement and Mobility 3	Featuring low impact exercises that focus on improving joint and movement patterns that help regain strength, improve mobility to prevent injuries.	Forever Young, Elderobics
Masters Swim	Masters Swim 1	Must be able to swim 75m continuously and at least two of the following: freestyle, backstroke, breaststroke or butterfly. Good for the recreational swimmer who would like to improve their strength and endurance.	Master Swim 1
Masters Swim	Masters Swim 2	Must be able to swim 400m continuously & at least 100m of three of the following: freestyle, backstroke, breaststroke or butterfly. Great for the triathlete or recreational swimmer who would like to improve their strength and endurance.	Masters Swim 2
Spin	Spin	This class challenges you with intervals, drills and visualizations. Bring a towel and water bottle!	Cycle Fitness: Cycle, Sunday Morning Ride, Sprint, Hills & Drills
Step	Step 2	This class involves traditional step choreography. Different levels of intensity are provided to ensure everyone gets the most out of their Step workout. Class ends with a thorough cool-down and stretch.	Simply Step, Step 'N Sculpt
Step	Step 3	This moderate to advanced step class involves use of the step for a short cardio component and then focus on total body conditioning using weights, gliders, bands, and body weight.	Strength on the Step, Super Step, Step Strength
Strength	Bootcamp 3	A high intensity class that will challenge you with intervals of cardio and strength training. Steps may be used.	Aerobics Intense - Bootcamp, Bootcamp \$2, Bootcamp \$3, Bootcamp Circuit
Strength	Muscle Fusion 1	A total body muscle conditioning class. Steps, tubing or hand weights may be used.	Core & Strength & Balance 50+
Strength	Muscle Fusion 2	A total body muscle conditioning class. Steps, tubing or hand weights may be used.	Aerobics Moderate, Pump it Up, Core & Stretch, To The Core, Muscle Mix, More Core
Strength	Muscle Fusion 3	A total body muscle conditioning class. Steps, tubing or hand weights may be used.	Aerobics Intense- To the Core
Strength	Muscle Core Fusion 2	Focusing on strengthening your core and supporting musculature of the lower limbs. Resistance training equipment and steps may be used.	Legs, Bums and Tums, Cardio Mix , Cardio, Strength and Stretch \$2
Strength	Muscle Fusion Ball 2	A total body muscle conditioning class. Stability balls, bands or weights may be used.	On The Ball
Stretch	Stretch Flow	Dynamic and static stretches to improve your range of motion and strengthen your full body to improve movement performance.	Strictly Stretch, Strictly Stretch for Seniors, Strictly Stretch 55 min
Stretch	Yoga Fusion	This class will combine traditional yoga, cardio, strength and pilates to help improve your overall wellbeing.	YoFit, YoFit Yoga (Outdoors), Yostretch