



# drop-in fitness

Start and end your day right with daily drop-in fitness classes at the Abbey Centre!

Available with membership or paid admission

## January - March Daily Drop In Fitness Schedule *No classes on Stat Holidays*

	MON	TUE	WED	THU	FRI
6:00 - 6:45 AM			Express Spin*		
9:30 - 10:30 AM	Total Body Blast*	Cardio Spin: Butts & Guts*	Ab Attack	Spin & Stretch*	Total Body Circuit
5:30 - 6:30 PM		Progressive Performance	Total Body Circuit	Rockstar Bootcamp*	

**All drop-in fitness classes are in Fitness Studio 1. Classes marked with an \* take place on the Cottonwood Meadows Running Track.**

### Total Body Blast\*

Using a variety of class designs and equipment, your body will continue to be pushed each week. Cardio intervals are mixed in with resistance moves that will tone and sculpt your body. This class is a great way to mix up your workout routine.

### Cardio Spin: Butts & Guts\*

This class will be a combination class starting with a 40-minute ride, followed by 20 minutes of muscle-strengthening exercises using a variety of fitness equipment. We will improve muscle definition in all the right places and have you walking away feeling bootylicious!

### Progressive Performance

Each class will progress in difficulty to continuously challenge you and keep things new and interesting by gradually increasing the time and intensity of the exercises. This class is designed to provide you with a whole body workout while teaching you basic movements that can be adapted to meet your needs and fitness level.

### Express Spin\*

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, it's the perfect opportunity to get your heart pumping while you burn some serious calories. This 45 minute express spin class will be great to wake you up and get your body moving.

### Ab Attack

Don't let the name scare you. Ab Attack is a terrific way to strengthen, tone and define your abdominals, core and back muscles in 45-minutes.

### Total Body Circuit

Keep your body moving from one exercise to the next with little or no rest in between. This class combines cardiovascular and strength training exercises. No choreography, just weights, tubing, kettle bells, and more.

### Spin and Stretch\*

If you are new to spin or you feel you need some much needed designated stretch time after a killer workout, then this is the perfect spin class for you. The class comprises of 40-minutes of ride time followed by 20 minutes of stretching.

### Rockstar Bootcamp\*

Need to get your butt kicked? Rockstar Bootcamp will challenge your strength and stamina. After a quick warm-up, we hit our legs, core, arms, and total body with resistance bands and body weight exercises. Sometimes you will partner up for combo moves. Then a stretch, and a victory lap back to the gym to finish.

**Only 11 spaces available per spin class. Come early to secure your spot!**

**STAY CURRENT ON CLASS CHANGES OR CANCELLATIONS ON FACEBOOK**