



# 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

**Jan - May 2020 Daily Drop In Fitness Schedule** *No classes on Stat Holidays*

	MON	TUE	WED	THU	FRI	SAT	
6:00 - 6:45 AM	<b>Morning Bootcamp*</b>		<b>Express Spin*</b>				
8:30 - 9:30 AM	<b>Total Body Blast*</b>	<b>Cycle and Strength*</b>	<b>Ab Attack (8:30 - 9:15)</b>	<b>Cycle and Stretch*</b>			
9:30 - 10:30 AM					<b>Total Body Bootcamp</b>	<b>Total Body Challenge* (10:00 - 11:00)</b>	
5:30 - 6:30 PM		<b>Total Body Circuit</b>	<b>Rockstar Bootcamp*</b>				

### Morning Bootcamp\*

Come to Morning Bootcamp, which will wake you up and get you ready to tackle the rest of your day. The class will challenge your stamina and strength by constantly varying the exercises, loads and speed.

### 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.

### Cycle and Strength\*

This class will be a combination class starts with a 40 minutes ride, followed by 20 minutes of muscle-strengthening exercises using a variety of fitness equipment.

### Total Body Circuit\*

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.

### 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.

### Rockstar Bootcamp\*

This class will challenge your strength and stamina. After a quick warm-up, we hit our legs, core, arms, total body with resistance bands, and body weight exercises; occasionally partnering up for combo moves. Then a stretch, and a victory lap back to the gym to finish.



### Cycle 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 covers 40 minutes of ride time followed by 20 minutes of stretching.

### Total Body Bootcamp\*

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.

### Total Body Challenge

Total Body Challenge will test your strength and endurance, while providing you with a whole-body workout to ensure that you leave with a good sweat and workout. This class will incorporate total body exercises using a variety of loads, speeds and resistance types.

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

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

