

Crystal Pool Drop-In Fitness Programs

AEROBIC FITNESS SPRING/SUMMER (APRIL 1 – AUGUST 31, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 a.m.–9:15 a.m. Abs Attack		8:45 a.m.–9:15 a.m. Abs Attack				
9:15 a.m.–10:15 a.m. Hi/Lo Combo	9:15 a.m.–10:30 a.m. Body Sculpt	9:15 a.m.–10:15 a.m. Hi/Lo Combo		9:15 a.m.–10:15 a.m. Body Sculpt	9:15 a.m.–10:30 a.m. Cardio Plus	9:45 a.m.–10:45 a.m. Moderate Fitness
	10:30 a.m.–11:30 a.m. Mild to Moderate		10:30 a.m.–11:30 a.m. Mild to Moderate		11 a.m.–12 p.m. Body Shop	
5:10 p.m.–6:10 p.m. Interval Body Sculpt	5:10 p.m.–6:10 p.m. Low Impact Power	5:10 p.m.–6:10 p.m. Fitness Fusion	5:10 p.m.–6:10 p.m. Low Impact Power	5:30 p.m.–6:30 p.m. Interval Body Sculpt		
	6:15 p.m.–7:15 p.m. Body Sculpt	6:15 p.m.–7:15 p.m. Ultimate Sculpt	6:15 p.m.–7:15 p.m. Body Sculpt	6:30 p.m.–7 p.m. Abs Attack		
7:30 p.m.–8:30 p.m. Step		7:30 p.m.–8:30 p.m. Step				



Fitness Program Description

Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Cardio Blast

40 min cardio workout followed by some strength work.

Hi/Lo Combo

Energetic cardio burning with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Interval Body Sculpt

A great workout that includes cardio and muscle work.

Lo Impact Power

Lo impact cardio workout that includes lots of power moves...a great fat burner.

Mild to Moderate

For those who are just getting started, returning after a break or are looking for a class that is easy to follow. This class covers all fitness components.

Moderate Fitness

Maintain a consistent heart rate, while at the same time strengthening your core and overall fitness. This class is for all levels.

STEP

Low impact moderate class with 30 minutes of cardio. Great for all levels.

Ultimate Sculpt

A full class of strength work and stretching.

Body Shop

A dynamic strength and conditioning class that utilizes a variety of equipment to achieve a total body workout. This class also includes a cardio component.

Fitness Fusion

Yoga, Pilates and Fitness all wrapped into one class! This class is designed to improve strength, balance and flexibility while connecting your body, mind and spirit.



Childminding Services

Quality child-care with crafts, creative play and painting so that you can relax and enjoy the many activities that Crystal Pool offers.

Crystal Pool & Fitness Centre

Monday through Friday

9:00a.m.–12:00p.m.

\$3/hr or \$27/10