

Schedule is Subject to Change.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird:</b> Three lanes available for lane swim. (pool will be shared with programs)	6:00am-8:00am		6:00am-8:00am		6:00am-8:00am		
<b>Open Leisure Pool Swim:</b> Leisure Pool Only. Strollers are not permitted on the pool deck.	9:00a-2:00pm	12:00p-2:00pm	12:00am-2:00pm	12:00p-2:00pm	12:00pm - 2:00pm		
<b>Lane Swim:</b> 1-2 Lanes Only. Pool may be shared with other programs.	8:00am-2:00pm 8:30pm - 9:30p	8:00a-11:00am 12:00p-2:00pm 8:00p-10:00pm	8:00am-2:00pm 8:30pm-10:00pm	8:00a-11:00am 12:00p-2:00pm 8:00p-10:00pm	8:00am-2:00pm	8:30a - 12:00a (*1 Lane)	8:30a-12:00am (* 1Lane) 7:30p-9:30pm
<b>Afterschool Special:</b> Children under 8 must have an adult in the water with them. No lanes. \$3/person	3:30pm-4:30pm		3:30pm-4:30pm		2:15pm-4:00pm	Please note: This swim becomes an Everyone Welcome during holidays, & inservice days. Regular prices apply.	
<b>Everyone Welcome:</b> Children under 8 must have an adult in the water with them. No lanes.	7:30pm-8:30pm		7:30pm-8:30pm FREE SWIM!		7:30pm - 8:30pm	2:30pm-4:00pm	1:30pm-3:00p
<b>Family Swim:</b> For adults and children together. All swimmers must be accompanied by an adult in the water at all times. No lanes						5:00pm-6:00pm FREE SWIM!	
<b>Masters Swimming:</b> This is a registered program. Cost is \$52 +hst/ month	12:00pm-1:00p	6:00am-7:00am 8:30pm-9:30pm	12:00pm-1:00pm 8:30pm-9:30pm	6:00am-7:00am 8:30pm-9:30p			

**Drop In Pricing (Includes HST):**

Child (8yrs & under): \$3.50    Youth (9-18yrs): \$5.75    Adult (19 - 54yrs): \$6.75    Senior (55+): \$6.00    Parent & Child: \$7.75    Family: \$13.00  
All Access Member: FREE!

## GROUP EXERCISE SCHEDULE: Jan. 2nd - Mar. 31st

Day	Land Fitness	Aqua Fitness	MyRide Classes	Yoga Classes
MONDAY	9:00am A: Step (55) 7:00pm A: Zumba (55)	9:00am: Aqua Blast (45) 10:00am: Aqua Fit n'Fun (45) 1:00pm: Aqua Mix (60)	10:00am CZ: MyRide 45	NO CLASSES
TUESDAY	9:00am A: Muscle Matters (55) 11:00am A: Forever Young 55+ (55) 7:00pm A: Cardio Dance Fusion (55)	9:00am: Gentle Aqua(50) 10:00am: Aqua Lite (45) 7:45pm: Aqua Mix (45)	6:00pm CZ: MyRide 45	10:00am Y: Hatha Yoga (60) 7:00pm Y: Kripalu Yoga (90)
WEDNESDAY	9:00am A: Total Barre (55) 6:00pm A: Zumba (55) 7:00pm A: Tone & Stretch (55)	9:00am: Aqua Blast (45) 10:00am: Aqua Fit n' Fun (45) 1:00pm: Aqua Mix (60)	12:15pm CZ: MyRide: 45 6:00pm CZ: MyRide: 45	12:15pm Y: Mid-Day Flow (60) 6:30pm Y: Yin Yoga (90)
THURSDAY	9:00am A: Muscle Matters (55) 7:00pm A: Step (55)	9:00am: Gentle Aqua (50) 10:00am: Aqua Lite (45) 7:00pm: Water Running (45)	6:00pm CZ: MyRide 45	6:00am Y: Rise & Shine Yoga (60) 10:00am Y: Hatha Yoga (60) 5:30pm Y: Guided Meditation (75) 7:00pm Y: Hatha Yoga (60)
FRIDAY	9:00am A: Friday Sticks (55) 10:00am A: Flow & Stretch 11:00am A: Forever Young 55+ (55) 7:00pm A: ZUMBA Disco Party (55)	9:00am: Aqua Mix (45) 10:00am: Aqua Fit n' Fun (60)	12:15pm CZ: MyRide: 45	6:00pm B: Hatha Yoga (60)
SATURDAY	9:00am A: Muscle Matters (55) 9:00am A: Zumba (55) 10:05am A: Step: Beg / Inter. (55)	NO CLASSES	8:00am CZ: MyRide 50	8:30am Y: Vinaysa (75)
SUNDAY	9:00am A: Zumba (55) 10:00am A: Barre (55)	7:45pm: Aqua Fitness	10:00am CZ: MyRide 60	7:00pm Y: Sunset Yoga (90)

Prices do not include HST.

**Option #1: All Access Membership:**  
Youth / Senior \$30.00 per Month  
Adult \$40.00 per Month  
\*Save more by paying for 1 year in full.

**Option #2: 10 Punch Pass (11th Visit free)**  
Youth / Senior. \$65.00  
Adult \$85.00

**Option #3: Drop-in Fee**  
Youth / Senior. \$6.50  
Adult \$8.50

Locations Listed:  
A - Studio A  
B - Studio B  
TZ - Training Zone  
CZ - Cycle Zone  
Y - Yoga Studio

See reverse for class descriptions.

Visit [www.thestadium.ca](http://www.thestadium.ca) or phone us for more info @ 902-869-4141.

Day	Type	Time
Monday	Public Skate	10:35am-11:55am
	Adult Shinny	12:05pm - 1:25pm
	Public Skate	3:05pm - 3:55pm
Tuesday	Public Skate	3:05pm - 3:55pm
	Youth Shinny	4:05pm - 4:55pm
Wednesday	Public Skate	10:35am - 11:55am
	Adult Shinny	12:05pm - 1:25pm
	Public Skate	3:05pm - 3:55pm
Thursday	Public Skate	10:35am - 11:55am
	Public Skate	6:05pm - 6:55pm
Friday	Public Skate	10:35am - 11:55am
	Adult Shinny	12:05pm - 1:35pm
	Public Skate	3:05pm - 3:55pm
Saturday	Public Skate	3:05pm - 3:55pm
Sunday	Public Skate	4:05pm - 4:55pm

## Skating Rules & Regulations

1. Participation at The Stadium is at your own risk.
2. The Stadium and HRM are not responsible for any accident, injury, loss or damage.
3. Children 12 years of age and under must wear a CSA approved multi-impact helmet (hockey helmet).
4. Only CSA approved multi-impact helmets (hockey helmets) are allowed on the ice.
5. Skaters may not enter the ice until the ice resurfacing is complete.
6. Skaters must leave the ice promptly at the end of a session.
7. Skates must be worn on ice surface at all times.
8. Skaters should use appropriate speed during public sessions.
9. Slower skaters use outside lane, faster skaters use inside lane.
10. No more than two people may join hands; chain skating is not permitted.
11. Horseplay and dangerous behaviour is not permitted.
12. Hockey sticks, pucks or any type of equipment are not permitted.
13. Eating or drinking is not permitted on ice surface.
14. Phones or hand-held electronic devices are not permitted while skating.
15. Strollers, sleds and carrying children on the ice are not permitted.
16. Dogs are not permitted.
17. Skate in a counterclockwise direction at all times.
18. Smoking and alcohol is not permitted on site.
19. Skaters should not loiter in areas that may block major traffic flow.
20. Directions of Skating Monitors are to be obeyed at all times.
21. Ages 5 and up do not need to be accompanied by a parent on the ice.

## Skate Fees (Prices Include HST)

All Access Member: FREE

Individual: \$3.00 Per Person

Family: \$8.50 (Up to 2 Adults and 3 Children)

10 Punch Pass: \$30.00 - get your 11th visit FREE!

## Shinny Fees (Prices Include HST)

Youth Shinny (Ages 13-18yrs): \$5.00/player

Youth Shinny 10 Punch Pass: \$50.00 get 11th free!

Adult Shinny (Ages 19yrs+): \$10.00/player

Adult Shinny 10 Punch Pass: \$90.00 +hst get 11th free!

## Land Fitness Classes

**Cardio Dance Fusion:** Cardio Dance Fusion brings out the fitness side of dance while incorporating basic dance moves of hiphop, house, club, contemporary, jazz, bollywood and much more hits!! Dance and fitness moves will progress during the song with the options to feel out your own level of intensity.

**Forever Young 55+:** A fun group fitness class aimed at 55 plus men and women. It will incorporate cardio, strength, balance and flexibility in a safe and supportive social environment.

**Friday Sticks:** Using lightly weighted drumsticks, this workout will transform drumming into an incredibly effective way of working out. Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired moves. Designed for all fitness levels.

**Muscle Matters:** Build bone density and muscle while increasing your metabolic fat burning power! Instructors will use slow controlled combo exercises with a variety of equipment to strengthen your entire body.

**Step:** This popular cardio class involves stepping onto a platform while performing a variety of interesting patterns.

**Tone & Stretch:** Upper and lower body conditioning and strength work with resistance bands, free weights, and mat work, followed by a deep stretch.

**Total Barre:** A unique and fun fitness class integrating elements of Pilates, dance, cardio & strength training suitable for a wide range of abilities. A low impact but high energy format guiding you through small repetitive movements to music which challenges the deeper stabilizing muscles and tones the hips, abs, arms and legs.

**Zumba®:** Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Zumba Disco Party:** Bring your disco gear and spandex for a Zumba® Disco Party night! Get your groove on and sweat it out under the disco lights with funky tunes and disco tracks for the ultimate Zumba® dance party. The focus is fun so bring your friends and your craziest outfits!

**Zumba Toning:** When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party.

## MyRide Indoor Cycling Classes

**MyRide 45 / 50 / 60:** Exactly what is says! A guided warm up followed by a variety of challenges such as hills, speed work, intervals and more to keep things interesting for your mind and body.

## Aqua Fitness Classes - Listed in the order of intensity from low to high.

**Gentle Aqua:** A no to low impact class suitable for beginners as well as those with chronic pain, those recovering from an injury or surgery and are ready to return to exercise. A great entry class that takes place in our leisure pool.

**Aqua Lite:** A no or low impact class suitable for beginners as well as those with chronic pain and those recovering from an injury or surgery and are ready to return to exercise. A great entry class, also suitable for expectant moms! Class takes place in the large pool.

**Aqua Fit & Fun:** A moderate intensity class, one step up from Aqua Lite. Includes cardiovascular conditioning with focus on core stability, flexibility, balance and strength improvement. Suitable for all fitness levels.

**Aqua Mix:** A multi-level class in chest deep (shallow) water. Participants have the option of working at their own pace in the deep water. This energizing workout may contain a mix of aqua formats such as simple to more complex choreography, intervals, muscle conditioning focus. A class for everyone!

**Aqua Blast:** A high energy class for intermediate to advanced participants, similar to the Aqua Mix class with lots of variety from intervals of aerobic and anaerobic conditioning to choreography and muscle focused work with or without aqua equipment. May contain some suspended work.

**Water Running:** This low impact class addresses the following components of marathon training: core strengthening, conditioning and rehabilitation if injured.

## Yoga Classes

**Guided Meditation / Relaxation:** Escape from the stresses of daily life and guide into the space of deep stillness and inner peace, offering quieting and supportive practice. The classes will start with gentle stretches followed by meditation and relaxation. We will explore different forms of meditation and learn how to bring ease and spaciousness into our busy life. Suitable for all levels and abilities.

**Hatha Yoga:** This class is suitable for all levels and abilities and includes seated, lying and standing poses with an emphasis on breath work, lengthening and relaxation. Beginner and up.

**Kripalu Yoga:** This class is Kripalu inspired. Emphasis is on meditation and breathwork, and encourages inward focus and attunement.

**Mid-Day Flow:** A great way to refresh, reset, and rejuvenate the mind and body. Mindful Movement, energy boosting, strengthening, and revitalizing class. Open to all levels.

**Rise & Shine Yoga:** Rise and Shine yoga designed to wake you up and give you a kick start to your day.

**Sunset Yoga:** Recover. Reset. Restore. Candle light series classes emphasize mindfulness and connection through movement. Designed & scheduled to help you recover from the weekend. Reset and restore for the week.

**Vinyasa Yoga:** This session will offer an opportunity to challenge yourself into an exploration of syncing the breath and movement, exploring our strengths and flexibility, all in one class, that tones the body and disciplines the mind. We will uncover the magic of flow and each class will be a different experience. This class is suitable for more advanced students, but different abilities are welcome.

**Yin Yoga:** Yin restoration designed to get you through the remainder of the week and to gear you up for the weekend.