



SWIM SCHEDULE Starts Oct. 5th, 2020 **HALIFAX**

www.thestadium.ca or Phone: 902. 869.4141

Schedule is Subject to Change.. All activities must be pre booked either online, over the phone, or in person. Space is limited.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Max 20 participants. Cost: \$5.00 drop in or free for Members.	6:30am-7:30am 8:00am-9:00am 12:30pm-1:30pm 2:00pm-3:00pm 8:00pm-9:00pm	8:00am-9:00am 12:30pm-1:30pm 2:00pm-3:00pm	6:30am-7:30am 8:00am-9:00am 12:30pm-1:30pm 2:00pm-3:00pm 8:00pm-9:00pm	8:00am-9:00am 12:30pm-1:30pm 2:00pm-3:00pm	8:00am-9:00am 12:30pm-1:30pm 2:00pm-3:00pm	1:30pm-2:30pm 6:00pm-7:00pm	1:30pm-2:30pm
Open Leisure Pool Swim: Leisure Pool Only. Max 25 participants. Cost: \$2.00 drop in or free for members.	12:30pm-1:30pm 2:00pm-3:00pm	12:30pm-1:30pm 2:00pm-3:00pm	12:30pm-1:30pm 2:00pm-3:00pm	12:30pm-1:30pm 2:00pm-3:00pm	12:30pm-1:30pm 2:00pm-3:00pm	1:30pm-2:30pm 6:00pm-7:00pm	1:30pm-2:30pm
Open Swim: Both Pools Available Max 45 participants. Cost: \$2.00 drop in or free for members.					8:00pm-9:00pm	3:00pm-4:00pm	3:00pm-4:00pm
Masters - Starts Oct. 19th! Max 15 participants. Cost: \$6.50 drop in. This is not part of the All Access Membership.	6:30am - 7:30am 8:00pm-9:00pm		6:30am - 7:30am 8:00pm-9:00pm				

GROUP EXERCISE SCHEDULE: Starts Oct. 5th

Day	Land Fitness	Aqua Fitness	MyRide Classes	Yoga Classes
MONDAY	9:00am A: Step (55) No class Oct. 12, 19, 26. 5:45pm A: Zumba Toning (45) (Oct. 5) 7:00pm A: Zumba (55) (Oct. 5)	AquaFit: 9:30am-10:30am AquaFit: 11:00am-Noon	12:00pm CZ: MyRide 45 (Oct. 12)	6:00pm Y: Vinyasa Flow (75) (Oct.12)
TUESDAY	9:00am A: Muscle Matters (55) (Oct. 6) 11:00am A: Forever Young 55+ (55) (Oct. 6) 5:30pm A: Strength HIIT (55) (Oct. 13)	AquaFit: 9:30am-10:30am AquaFit: 11:00am-Noon AquaFit: 8:00pm-9:00pm	6:00pm CZ: MyRide 45 (Oct. 6)	10:00am Y: Vinyasa Flow (60) (Oct. 13)
WEDNESDAY	12:15pm A: Strength HIIT (40) (Oct. 14) 6:00pm A: Zumba (45) (Oct. 7) 7:00pm A: Zumba Toning (55) (Oct. 7)	AquaFit: 9:30am-10:30am AquaFit: 11:00am-Noon	12:00pm CZ: MyRide: 45 (Nov. 4) 6:00pm CZ: MyRide: 45 (Oct. 7)	12:15pm Y: Vinyasa Flow (60) (Oct. 7) 6:30pm Y: Yin Yoga (90) (Oct. 7)
THURSDAY	9:00am A: Muscle Matters (55) (Oct. 8) 5:30pm A: Strength HIIT (40) Oct. 15	AquaFit: 9:30am-10:30am AquaFit: 11:00am-Noon AquaFit: 8:00pm-9:00pm	6:00pm CZ: MyRide 45 (Oct. 8)	6:00am Y: Hatha Yoga (60) (Oct. 8) 5:30pm Y: Guided Meditation (75) (Oct. 8) 7:00pm Y: Hatha Yoga (60) (Oct. 8)
FRIDAY	9:00am A: Zumba Gold (55) (Oct. 9) 11:00am A: Forever Young 55+ (55) (Oct.9) 7:00pm A: Zumba (55) (Oct. 9)	AquaFit: 9:30am-10:30am AquaFit: 11:00am-Noon	5:00pm CZ: MyRide: 45 (Oct. 8)	6:00pm B: Hatha Yoga (60) (Oct. 9)
SATURDAY	9:00am A: Muscle Matters (55) (Nov. 7) 9:00am B: Zumba (55) (Oct. 10) 10:05am A: Step (55) (Oct. 10)	NO CLASSES	8:00am CZ: MyRide 50 (Oct. 10)	9:00am Y: Vinyasa Yoga (75) (Oct. 10)
SUNDAY	9:00am A: Zumba (55) (Oct. 11)	AquaFit: 8:00pm-9:00pm	10:00am CZ: MyRide 60 (Oct. 11)	9:30am Y: Vinyasa Flow (75) (Oct. 11) 7:00pm Y: Hatha Yoga (90) (Oct. 11)

Schedule is Subject to Change. All activities must be pre booked either online by visiting www.halifax.ca/myrec, over the phone, or in person. Space is limited. Please speak with the Front Desk should you require assistance.

See reverse for class descriptions.

Visit www.thestadium.ca or phone us for more info @ 902-869-4141.

Locations Listed:

- A - Studio A
- B - Studio B
- TZ - Training Zone
- CZ - Cycle Zone
- Y - Yoga Studio



HALIFAX

Land Fitness Classes

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.

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.

Strength HIIT: Cardio and lifting, combo class workout challenges the beginner and elite athlete alike. Build stamina, improve coordination, and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

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

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 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 it 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 Class

Aqua Fit: 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!

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.

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.

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.