

SHEARWATER FITNESS AND SPORTS CENTRE | CLASS SCHEDULE

| | MON | TUES | WED | THURS | FRI | SAT |
|-----------|---------------------------------|-------------------------------|--------------------------------|---------------------------------|-------------------------------------|------|
| 0730-0830 | SPTP-RUSH FOCUS (FORCE Prep) | SPTP STRENGTH (FORCE Prep) | SPTP- MOBILITY (FORCE Prep) | SPTP-RUSH FOCUS (FORCE Prep) | SPTP STRENGTH FOCUS (FORCE Prep) | |
| 0900-1000 | | | | | | YOGA |
| 1215-1300 | FUNCTIONAL FITNESS | SPIN | FUNCTIONAL FITNESS | MOBILITY | OPEN REC | |
| | | | | | FUNCTIONAL FITNESS | |
| 1730-1830 | | YOGA | | | | |

*A FORCE Familiarization session is conducted on the last Friday of each month.

SPTP (FORCE PREP)

Originally designed to help members who did not meet the minimum FORCE Evaluation Standard, this class would also be suitable if you have been unsuccessful with the FORCE Test in the past or if you are simply looking to improve your overall fitness! **No intake required for voluntary participants.**

MOBILITY

A combination of lower intensity movement and static stretching to explore your ranges of motion and help relieve feelings of stiffness.

SPIN

An excellent way to improve cardiovascular fitness. This class is geared towards raising your heart rate by incorporating various tempos and resistance in a high energy environment. Participants can work at their own pace, making this class suitable for all levels.

FUNCTIONAL FITNESS

Functional training is a form of exercise that conditions our body through strength, agility and stability movements. Functional Fitness class is an excellent complement to any training goal.

