

FALL 2024

# 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	OPEN REC (starting at 1200 hrs)	FUNCTIONAL FITNESS	OPEN REC (starting at 1200 hrs)	OPEN REC	
		SPIN		MOBILITY	FUNCTIONAL FITNESS	
1400-1500	SWIM FIT		SWIM FIT			
1730-1830		YOGA				

\*A FORCE Familiarization session is conducted twice monthly on the second and 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.

### SWIM FIT

A pool workout class to improve overall strength, conditioning, and endurance in the water. This class is recommended for individuals who have previous swimming experience. **Level:** intermediate to advanced

