

# Fitness Drop-in Schedule

September 3-December 20, 2024

## Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle Group Fitness</b> 6:15-7:00am	<b>Cycle Group Fitness</b> 6:15-7:00am	<b>Cycle Group Fitness</b> 6:15-7:00am	<b>Cycle Group Fitness</b> 6:15-7:00am	<b>Cycle Group Fitness</b> 6:15-7:00am		
<b>Total Body Fitness</b> 9:15-10:15am					<b>Cycle Group Fitness</b> 8:15-9:00am	Classes do not run on Statutory Holidays.
<b>Total Body Conditioning</b> 5:30-6:30pm	<b>Circuit Training</b> 5:30-6:30pm	<b>Total Body Conditioning</b> 5:30-6:30pm	<b>Circuit Training</b> 5:30-6:30pm	<b>Total Body Fitness</b> 9:15-10:15am	<b>Cycle Group Fitness</b> 9:15-10:00am	
<b>Cycling &amp; Strength</b> 7:15-8:00pm	<b>Cycle Group Fitness</b> 5:45-6:30pm	<b>Cycling &amp; Strength</b> 7:15-8:00pm	<b>Cycle Group Fitness</b> 5:45-6:30pm			

## Neighbourhood Learning Centre

	<b>Total Body Express</b> 6:15-7:00am		<b>Total Body Express</b> 6:15-7:00am			<b>Total Body Strength</b> 8:00-9:00am
					<b>Total Body Fitness</b> 9:15-10:15am	<b>Total Body Strength</b> 9:15-10:15am

## Oak Bay Indoor Sports Field

		<b>Indoor Bootcamp</b> 9:00-10:00am				
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## Monterey Recreation Centre

<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am		
<b>Mild Fitness</b> 10:00-10:45am		<b>Mild Fitness</b> 10:00-10:45am		<b>Mild Fitness</b> 11:00-11:45am	<b>Admission Rates</b> Single Admission (\$5.75 - \$7.25) Admission is included in all Oak Bay Parks, Recreation, and Culture's Recreation Passes.	
<b>Sit &amp; Fit</b> 11:00-11:45am				<b>Sit &amp; Fit</b> 12:00-12:45pm		
<b>Dance Express</b> 12:05-12:50pm	<b>Dance Express</b> 5:00-5:45pm	<b>Dance Express</b> 12:00-12:45pm		<b>Dance Express</b> 12:15-1:00pm		

## How to Register Online for Fitness Classes

For Henderson Recreation Centre and Neighbourhood Learning Centre classes only. Register up to four (4) days in advance.

1. Ensure your Oak Bay online account and login is set up and your birthdate is accurate. If you do not have account, you will need to set-up one by calling 250-595-7946.
2. Login with username and password at: [oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).
3. Click the **Schedule** Button near the top left of the screen.
4. Click **Group Fitness Classes** under Fitness and Wellness
5. Select **date** and the **timeslot/class** you would like to attend and click **REGISTER**.
6. On the next screen, click **REGISTER** a 2<sup>nd</sup> time.
7. Select the **person to register** in the session and select **NEXT**.

8. Select your method of payment.
9. Follow instructions on screen and complete registration

**NOTE:** Payment is required at time of booking. You may cancel your session up to four hours in advance. Final admission is 30 minutes prior to facility closure.



## FEEL AMAZING. AND LOOK EVEN BETTER.

Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.

\*Registration is through Jazzercise at 250-580-5299 or [jazzerciseoakbay.com](http://jazzerciseoakbay.com).

## Jazzercise Class Schedule

Jazzercise classes are not included in Oak Bay Parks, Recreation, and Culture Admissions or Passes.

*Schedule subject to change - see [jazzerciseoakbay.com](http://jazzerciseoakbay.com) for updated schedule.*

	Henderson Recreation Centre	Monterey Recreation Centre (Low Impact)
<b>Mondays</b>	8:00-9:00am	5:00-6:00pm
<b>Tuesdays</b>	5:30-6:30pm	
<b>Wednesdays</b>	8:00-9:00am	5:00-6:00pm
<b>Thursdays</b>	5:30-6:30pm	
<b>Fridays</b>	8:00-9:00am	
<b>Saturdays</b>		9:30-10:30am
<b>Sundays</b>	9:30-10:30am	

### Indoor Bootcamp ❤️❤️❤️

Bootcamp is a cardio and strength conditioning, and a full body workout wrapped into one action-packed hour! Expect to challenge your mind and body as you alternate between high-intensity and low-intensity exercises through timed intervals using free weights, bands, plyometrics, and cardiovascular training.

### Circuit Training ❤️❤️

These classes combine exercise stations of cardiovascular equipment, exercise balls, weight machines, TRX, body weight, and free weights to create a fun and balanced workout. Stations incorporate a variety of training methods to add variety and progression to your workouts that will challenge and motivate you. If you are new to the Weightroom, please register for a General Weightroom Orientation prior to your first class.

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Dance Express ❤️❤️

Elevate your heart rate with pure electric dance energy! Invigorating music and easy to follow dance combinations will make you forget you are working out.

### Cycle Group Fitness ❤️❤️❤️

A combination of basic cycling movements and cardio drills by varying speed and resistance levels on the Keiser M3 indoor cycle. Burn calories and build strength while you simulate sprints, hill climbing, intervals, and races for a non-impact class. All bikes allow for both regular athletic shoes and cleated bicycle shoes.

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Mild Fitness 50 yrs+ ❤️

This fun, and energetic workout class is great for those who are looking to keep active, just starting or recovering from mobility difficulties. This class consists of a warmup, cardiovascular and strength portions, and a cool down. Chairs may be used only for strength components.

### Moderate Fitness 50 yrs+ ❤️❤️

Using energetic and motivational music handpicked by our enthusiastic and qualified instructors, this fitness class is great for those looking to take their workouts to the next level and will be guaranteed to keep you on your toes! will consist of a warmup, cardiovascular and strength component, and finish with a cool-down.

### Sit and Fit 50 yrs+ ❤️

Join us for this safe and gentle workout class that can be done standing or from a chair. Starting with a gentle warm-up, you will then work on developing your strength, flexibility, balance, and mobility through a variety of safe and fun exercises. Hand weights will be provided but please bring your own resistance band.

### Total Body Conditioning ❤️❤️

Achieve a full body workout through this heart-pumping strength and conditioning class. Challenge yourself as you utilize body weight, high and low intensity intervals, free weights, and more!

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Total Body Fitness ❤️❤️

A well-rounded, full body workout focusing on strength, agility, stability, and more using a variety of equipment such as free weights, body weight, bands, exercise balls, and cardiovascular exercises. Enhance your full body strength and fitness.

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Total Body Strength ❤️❤️

Full body strength and endurance exercises will get your heart pumping, muscles working, and body and mind feeling great in this action-packed class! A continuous series of full body strength, athletic movements, free weights, core exercises, and intervals.

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Total Body Express ❤️❤️❤️

Everything you can expect from our full-length Total Body classes condensed into 45 minutes. This express class is designed to challenge you further, get your muscles pumping, your heart rate up and sweat on in a short amount of time. Perfect for those "on the go"!

[oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

### Cycling & Strength ❤️❤️

Enjoy an indoor cycling class sprinkled with bodyweight and free weight movements for the ultimate balanced workout.

## Class Intensity Guide

❤️ Suitable for all.

❤️❤️ Suitable for participants who are already active.

❤️❤️❤️ Suitable for participants who are consistently active and looking for a challenge.