

Summer Fitness Session Class Schedule

MON	TUES	WED	THURS	FRI
MORNING CLASSES				
		6:30 - 7:15 am Spin Time July 6 - 20 & Aug 10 - 24 *DeGoeij Room	6:10 - 7:10 am Sunrise Salutations Yoga July 7 - 21 & Aug 11 - 25 *Multipurpose Room	6:10 - 7:00 am Body Burn Circuit July 8 - 22 & Aug 12 - 26 *Multipurpose Room
		7:05 - 7:50 am Full Body Strength July 6 - 20 & Aug 10 - 24 *Multipurpose Room	8:00 - 8:40 am Chair Yoga July 7 - 21 & Aug 11 - 25 *DeGoeij Room	8:00 - 9:00 am Senior Friendly Movement & Functionality July 8 - July 22 & Aug 12 - 26 *Multipurpose Room
LUNCH & AFTERNOON CLASSES				
EVENING CLASSES				
5:30 - 6:15 pm Spin Time July 4 - July 18 & Aug 8 - 22 *DeGoeij Room	5:30 - 6:20 pm Body Fusion <i>Tabata & Yin Yoga</i> July 5 - July 19 & Aug 9 - 23 *Multipurpose Room			
6:30 - 7:15 pm Full Body Strength July 4 - July 18 & Aug 8 - 22 *Multipurpose Room	6:30 - 7:30 pm Hatha Rebalance Yoga July 5 - July 19 & Aug 9 - 23 *Multipurpose Room			
Please see the back of the schedule for class descriptions.				

All classes are included with your membership or daily admission!

For More Information:
 Cal Zimmer
 Recreation Program Supervisor
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Classes are designed for all fitness levels!
 Class schedule subject to change based on facility and instructor availability.
 Call 780-361-4444 to confirm.

Summer Fitness Class Descriptions July & August

Body Burn Circuit ~ Multipurpose Room

It's the end of the week, let us help you get ready for the weekend with this 50-minute quick paced circuit class that uses weights and cardio for every major muscle group creating the perfect total body conditioning class.

Body Fusion ~ *Tabata and Yin Yoga* ~ Multipurpose Room

Total Body Tabata, blends both strength and cardio activity, for a full body burn followed by Yin Yoga. Yin Yoga will relax both your mind and body helping you feel centered for the upcoming week.

Chair Yoga ~ DeGoeij Room

Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. You will experience the same benefits of other yoga classes, such as improved balance, strength, and mobility. In this class you will learn techniques to help calm the mind and body. All levels and abilities are welcome.

Full Body Strength ~ Multipurpose Room

This full body workout will have you burning tons of calories, even after the workout is over. Classes are filled with a variety of movements that use bodyweight and equipment to increase your strength. This class is perfect for all fitness levels so let's get stronger together!

Hatha Rebalance Yoga ~ Multipurpose Room

Looking for a yoga class that includes strengthening muscles, joints, and works to increase your flexibility? This is the class for you! Together we will work on reducing muscle pain & soreness, as well as release tension while getting a great stability & core workout in.

Seniors Friendly Movement & Functionality ~ Multipurpose Room

This class will work within major joint range of motions and strengthen the body for daily actions such as lifting, sitting & walking. Class will include a thorough warm up with major joint articulation and a deep stretch at the end to help leave you feeling strong, stable & flexible.

Spin Time ~ DeGoeij Room

Get your cardio on! This high intensity, upbeat class is designed to get you moving fast and sweating buckets. Enjoy a fast paced, upbeat class that will keep you motivated and energized. Start or finish your day on a good note with this 45-minute indoor cycle class perfect for all fitness levels.

Sun Salutations Yoga ~ Multipurpose Room

Awaken your morning with sun salutations. Open the lower back, hips & mind by starting your day on the mat. Sun Salutations will reverse our daily actions by opening the chest and stretching the hamstrings, leaving you feeling invigorated and ready to take on the day.

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