

Timms Community Centre Drop-in Fitness Class Descriptions

ABT: 60 minutes Moderate Impact; Moderate Intensity

ABS, BUTT & THIGHS! Shape up and burn calories as you squat, lunge and crunch your way to fitness. Using weights, bands and bodyweight exercises, put your ABS and lower body through high repetition-based routines that will trim and tone those areas we love to hate!

Bodysculpt: 60 minutes Moderate Impact; Moderate Intensity

Work all of your muscles in every way possible in this class designed to build strength, add definition and decrease your body fat by increasing your lean muscle. Using dumbbells, tubing, body bars and body weight exercises you will transform the shape of your body.

Bodysculpt Express: 45 minutes

Bosu-Sculpt: 60 minutes Moderate Impact; Moderate Intensity

Improve your balance, stability and strengthen your CORE in this challenging class that will give you the results you are looking for in less time! But... you will work for it! Bosu exercises combined with upper body sculpting exercises will work your entire body including your mental muscle as you push beyond your limits.

Bosu Express: 45 minutes

Cardio Combo: 60 minutes Moderate Impact; Moderate Intensity

This class has it all! Tone your upper and lower body by using light weights, bands and body weight exercises, with Cardio in-between it all to burn those calories! Steps may be used for cardio and coordination. Mat work is also included- participants must be comfortable getting to and from the floor.

Flow Yoga: 60 minutes Non-Impact; Low Intensity

Move slowly through yoga postures to build heat gradually and gently throughout the body. This class promotes healing, relaxation and flexibility. Includes both standing and sitting postures- participants must be comfortable getting to and from the floor. Beginners welcome!

Gentle-Cycle: 30 minutes No Impact; Low Intensity

Indoor cycling is a great cardiovascular workout that is easy on the joints while building muscle and improving balance and it does not have to be intense! Go at your own pace while enjoying the music and camaraderie of this small group class that caters to anyone wanting to go at a slower pace including: older adults, those new to exercise and anyone returning to exercise after injury.

Gentle-Fit: 60 minutes Low-Impact; Low Intensity

A low-impact fitness class for all ages and abilities focusing on enhancing flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat work- suitable for all fitness levels.

Restorative Yoga: 60 minutes No Impact; Low Intensity

Restorative yoga is a healing and recuperative experience that uses props and prolonged holding of a few simple poses to achieve a deep level of relaxation. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. The slower pace and deep breathing in restorative yoga helps calm the nervous system and increase body awareness. At the end of the session participants will feel refreshed and limber. No previous Yoga experience needed- beginners welcome.

Spin Express: 45 minutes Low Impact; High Intensity

Join us for this high intensity ride with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes. Followed by a 15 minute cool down and stretch- leaving you feeling energized and limber!

Spin & Sculpt: 60 minutes Low Impact; Moderate Intensity

Enjoy 30 minutes of cardio intervals on the bike to burn calories and improve overall cardiovascular health followed with exercises using light weights and bands to strengthen and tone your upper body.

Spin & Stretch: 60 min Low Impact; Moderate Intensity

Burn calories and wake your body up with 30 minutes of cardio spin followed by 30 minutes of Yoga and stretching to align your body, strengthen your core and focus your mind.

Total Body Conditioning (TBC): 60 minutes Moderate Impact; High Intensity

If you are looking to get stronger, lose body fat and build lean muscle- then this class is for you! TBC workouts combine strength exercises with intervals of muscular endurance and cardio drills to produce a potent combination of challenging routines that will train and tone your entire body, increase your energy levels and zap away your stress!

TBC Express: 45 minutes

TRX-Core: 60 minutes Low Impact; Moderate Intensity

This class focuses on building strength and muscular endurance in all major muscle groups through a variety of TRX suspension training exercises. Use your own body weight as you power through multiple sets of muscle conditioning. Combined with a variety of CORE body weight exercises- this class will tone your body! Mat work may be included- participants should be comfortable getting to and from the floor.

TRX Express: 45 minutes

TRX-Sculpt: 60 minutes Low Impact; Moderate Intensity

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting using light weights and bands.

Yoga-fit: 60 minutes Low-Impact; Moderate Intensity

This class will focus on energizing the body to help cultivate your energy for the rest of the day. Movements will help open the body while strengthening the mind-body connection through a series of balancing poses. Expect a variety of chest opening postures, body twists and light stretching to help release body tension.

Yoga Express: 45 minutes

Zumba Fitness: 60 minutes Moderate Impact; Moderate Intensity

Get ready to party yourself into shape! Zumba fitness uses exhilarating Latin beats combined with high energy choreographed dance moves designed to burn fat and tone your body in all the right places. Before you know it you will be fitter, healthier and more energized!