

# Fitness Schedule

## April 1 - June 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio Core</b> 9:00 am - 10:00 am	<b>Mat Pilates</b> 9:00 am – 9:45 am	<b>Power Hour</b> 9:00 am – 10:00 am	<b>Bootcamp</b> 9:00 am – 10:00 am	<b>Rhythm &amp; Reach</b> 9:00 am – 10:00 am	<b>Rhythm &amp; Reach Plus</b> 9:00 am – 10:00 am
<b>Chair Fit</b> 10:30 am - 11:30 am	<b>Yoga</b> 12:15 pm – 1:00 pm	<b>Chair Fit</b> 10:30 am – 11:30 am	<b>Strength Training</b> 10:30 am – 11:30 am	<b>Chair Fit</b> 10:30 am – 11:30 am	<b>Yoga</b> 10:30 am – 11:30 am
<b>Let's Get Physical</b> 5:00 pm - 6:00 pm	<b>Cardio Core</b> 5:00 pm – 6:00 pm	<b>Bootcamp</b> 5:00 pm – 6:00 pm	<i>If you cannot attend your registered class, please contact Port Hardy Recreation at 250.949.6686 or melinda@porthardy.ca to receive a link to our virtual fitness classes.</i>		

### Chair Fit

**Ages 16+**

This gentle workout improves functional fitness and health by incorporating moderate cardio, strengthening exercises, and stretches.

**Instructor: Kerry Chambers**

**Mon | April 4 - June 20**

10:30 am - 11:30 am

*No class Apr 18 & May 23*

**Wed | April 6 - June 22**

10:30 am - 11:30 am

**Fri | April 8 - June 24**

10:30 am - 11:30 am

*No class Apr 15*

### Cardio Core

**Ages 16+**

Fun and easy to follow high/low impact cardio.

Core portion will include standing balance followed by abdominal and back exercises.

**Instructor: Tammy Pocock**

**Mon | April 4 - June 20**

9:00 am - 10:00 am

*No class Apr 18 & May 23*

**Tues | April 5 - June 21**

5:00 pm - 6:00 pm

### Mat Pilates

**Ages 16+**

Exercises in sequence performed on the mat designed to improve posture and strengthen the core.

**Instructor: Tammy Pocock**

**Tues | April 5 - June 21**

9:00 am - 9:45 am

### Let's Get Physical

**Ages 16+**

Get moving with simple choreography set to music from the 80's, 90's, and 2000's followed by resistance training. This class improves strength, balance, and flexibility.

**Instructor: Trish Fossum**

**Mon | April 4 - June 20**

5:00 pm - 6:00 pm

*No class Apr 18 & May 23*

### Boot Camp

**Ages 16+**

Work up a sweat with this moderate to high intensity full body cardio and strength workout. Low impact modifications will be provided, and all fitness levels are welcome!

**Instructor: Trish Fossum**

**Wed | April 6 - June 22**

5:00 pm - 6:00 pm

**Thurs | April 7 - June 23**

9:00 am - 10:00 am

### Yoga

**Ages 16+**

This mind-body workout will strengthen and stretch your body and leave you feeling relaxed and energized.

**Instructor: Trish Fossum**

**Tues | April 5 - June 21**

12:15 pm - 1:00 pm

**Sat | April 9 - June 18**

10:30 am - 11:30 am

*No class Apr 16*

### Power Hour

**Ages 16+**

30 minutes of powerful athletic moves, followed by both upper and lower body strength training exercises.

**Instructor: Tammy Pocock**

**Wed | April 6 - June 22**

9:00 am - 10:00 am

### Strength Training

**Ages 16+**

Improve your muscle strength and endurance through low impact, full body resistance training using free weights, resistance bands and your body as equipment.

No experience required.

**Instructor: Trish Fossum**

**Thurs | April 7 - June 23**

10:30 am - 11:30 am

### Rhythm & Reach

**Ages 16+**

Enjoy 30 minutes of fun "dancy" yet not too fancy choreography, followed by basic stretch and relaxation.

**Instructor: Tammy Pocock**

**Fri | April 8 - June 24**

9:00 am - 10:00 am

*No class Apr 15*

### Rhythm & Reach Plus

**Ages 16+**

This program expands on Rhythm & Reach with the addition of strength, flexibility, pilates training, and finishing off with a full body stretch.

**Instructor: Tammy Pocock**

**Sat | April 9 - June 18**

9:00 am - 10:00 am

*No class Apr 16*

#### Drop-in Admission

<b>Youth (16 - 18)</b>	<b>\$4.10</b>
<b>Adult (19 - 59)</b>	<b>\$5.40</b>
<b>Senior (60+)</b>	<b>\$3.40</b>

Online registration: <https://app.booking.ca/porthardyrecreationpub/index.asp>

Contact us with questions or for more information

7400 Columbia St | 250.949.6686 | email: recreation@porthardy.ca | porthardy.ca/community/recreation

## Port Hardy Recreation



*Live the adventure!*