

Pre-Registered Group Fitness Class Schedule

(January 4-May 2, 2020. Classes do not run on Statutory Holidays)

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 7:15-8:00am	Total Body Training 7:15-8:15am	Indoor Cycling 7:15-8:00am	Fitness Fusion 7:15-8:15am	Indoor Cycling 7:15-8:00am		
Jazzercise* 8:00-9:00am		Jazzercise* 8:00-9:00am		Jazzercise* 8:00-9:00am	Fitness Fusion 8:15-9:15am	Fitness Fusion 8:15-9:15am
Fitness Fusion 9:15-10:15am		Fitness Fusion 9:15-10:15am		Fitness Fusion 9:15-10:15am	Indoor Cycling 8:30-9:15am	Jazzercise* 9:30-10:30am
Fitness Fusion 5:30-6:30pm	Jazzercise* 5:30-6:30pm	Fitness Fusion 5:30-6:30pm	Jazzercise* 5:30-6:30pm			
Indoor Cycling 7:15-8:00pm	Indoor Cycling 5:45-6:30pm	Indoor Cycling 7:15-8:00pm	Indoor Cycling 5:45-6:30pm			

Monterey Recreation Centre, Garry Oak Room

Jazzercise* Low Impact 5:00-6:00pm		Jazzercise* Low Impact 5:00-6:00pm			Jazzercise* Low Impact 9:30-10:30am	
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Fitness Class Information

Fitness Fusion:

Need a new challenge? Join Fitness Fusion for a low impact, full body toning and strengthening workout using a variety of equipment including bands, weights, body bars, and balls. Improve core, strength, stability and leave feeling stronger and leaner. Classes are held in a 7,800 square foot gymnasium with all levels of fitness welcomed.

Classes do not run in the mornings from 9:15-10:15am during spring break, March 15-28.

Indoor Cycling:

This 45 minute indoor cycling class will combine basic cycling movements and cardio drills by varying speed and resistance levels on the Keiser M3 indoor cycle. Instructors will use coaching to stimulate sprinting, hill climbs, intervals and races for a non-impact individually paced class. Burn calories and build strength in this efficient class. All bikes allow for both regular and clip in shoes. All levels welcome. Sign up online up to one week in advance at oakbayrec.perfectmind.com.

How to Register Online for Fitness Classes, Fitness Studio Sessions and Indoor Cycling

1. Ensure your Oak Bay online account and login is set up and your birthdate is accurate. If you do not have an account you will need to set-up one by calling reception at 250-595-7946.
2. Login with username and password at: oakbayrec.perfectmind.com
3. Click the **Schedule** Button near the top left of the screen.
4. Click **Fitness Studio Sessions** or **Group Fitness Classes** under the Fitness and Wellness menu.
5. Select date and the time slot/class you would like to attend and click **REGISTER**.

NOTE: All sessions are available for viewing online however, registration opens each week at 10:00am Monday for the following week, online and over the phone for the Fitness Studio Session time, Indoor Cycle and Total Body Training.

6. On the next screen, click **REGISTER** a 2nd 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.
10. Registrants should not arrive earlier than five minutes before their session start time. Please line up in designated near the cubbies in the Fitness Studio at Oak Bay Recreation Centre or outside the Gymnasium at Henderson Recreation Centre. The instructor or Gym attendant will check-in each participant prior to entering the building.

NOTE: Payment is required at the time of registration.