

WINTER Fitness Drop-in Schedule

January 2–March 16, 2024

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 6:15–7:00am		Indoor Cycling 6:15–7:00am		Indoor Cycling 6:15–7:00am	Indoor Cycling 8:15–9:00am	
Jazzercise* 8:00–9:00am		Jazzercise* 8:00–9:00am		Jazzercise* 8:00–9:00am	Indoor Cycling 9:15–10:00am	Jazzercise* 9:30–10:30am
Total Body Training 9:15–10:15pm	Jazzercise* 5:30–6:30pm		Jazzercise* 5:30–6:30pm	Total Body Training 9:15–10:15pm		
Total Body Training 5:30–6:30pm	Circuit Training 5:30–6:30pm	Total Body Training 5:30–6:30pm	Circuit Training 5:30–6:30pm		Classes do not run on Statutory Holidays.	
Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm	Indoor Cycling 7:15–8:00pm	Indoor Cycling 5:45–6:30pm			

Neighbourhood Learning Centre

	Total Body Training Express 6:15–7:00am		Total Body Training Express 6:15–7:00am		Total Body Training 9:15–10:15am	Total Body Training 9:15–10:15am
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Oak Bay Indoor Sports Field

		Bootcamp 9:00–10:00am				
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Monterey Recreation Centre

Moderate Fitness 9:00–9:45am		Moderate Fitness 9:00–9:45am		Moderate Fitness 9:00–9:45am	Jazzercise* Low Impact 9:30–10:30am	
Mild Fitness 10:00–10:45am		Mild Fitness 10:00–10:45am			Admission Rates (excludes Jazzercise) General Public: Single Admission (\$5.50 - \$7.00) or Punch Pass Passholder: Included	
Sit & Fit 11:00–11:45am				Mild Fitness 11:00–11:45am		
Dance Express 12:05–12:50pm		Dance Express 12:00–12:45pm		Sit & Fit 12:00–12:45pm	*Registration for Jazzercise is through jazzerciseoakbay.com	
Jazzercise* Low Impact 5:00–6:00pm		Jazzercise* Low Impact 5:00–6:00pm		Dance Express 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.

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 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

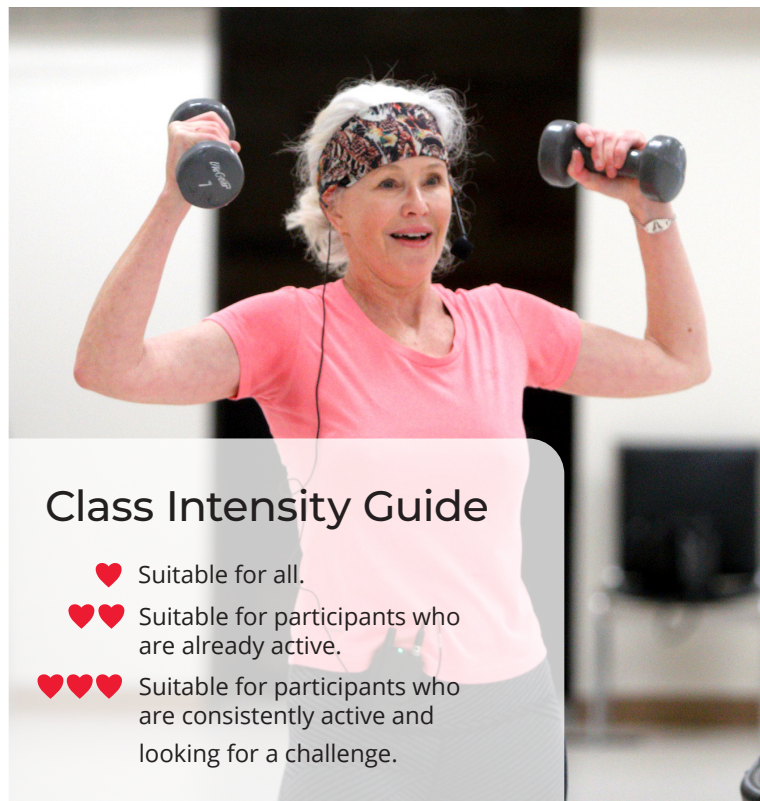
NOTE: Payment is required at time of booking. You may cancel your session up to four hours in advance. Final admission is 30 minutes prior to facility closure.



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.



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.

NEW! Bootcamp ♥♥♥♥

This bootcamp combines the best of cardiovascular and strength training! 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, BOSUs, TRX, and free weight 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 with no choreography required. If you are new to using the Fitness Studio, please register for an orientation prior to your first class. Sign-up online up to four days in advance at 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.

Indoor Cycling ♥♥♥♥

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 assimilate sprints, hill climbs, intervals, and races for a non-impact class. All bikes allow for both regular and clip in shoes. All levels welcome. Sign-up online up to four days in advance at 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 Training ♥♥

An optimal full-body workout to improve your cardiovascular capability achieve or maintain a toned body, healthy weight, and increased bone density. Strength-training exercises designed for all fitness levels. A safe creative use of body weight and equipment. Sign-up online up to four days in advance at oakbayrec.perfectmind.com.

TBT Express ♥♥♥♥

Everything you can expect from our hour-long Total Body Training class condensed into 45 minutes! This express class is designed to challenge you further, get your heart rate up and sweat on in a shorter amount of time. Sign-up online up to four days in advance at oakbayrec.perfectmind.com.

HENDERSON RECREATION CENTRE

2291 Cedar Hill Cross Rd | 250-370-7200

NEIGHBOURHOOD LEARNING CENTRE

2121 Cadboro Bay Road

MONTEREY RECREATION CENTRE

1442 Monterey Ave | 250-370-7300

OAK BAY RECREATION CENTRE

1975 Bee Street | 250-595-7946



recreation.oakbay.ca