



BIG MARBLE GO CENTRE

Schedule is subject to change without notice. Follow us on social media @bigmarblegocentre for the most up to date information and alerts.

JANUARY 6 - MAY 3, 2025 | FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i>	STEP, STRENGTH, STRETCH 6:00 - 6:50 AM <i>MPS2</i>	RISE & SPIN 6:00 - 7:00 AM <i>MPS1</i>	YOGA FLOW 6:00 - 6:50 AM <i>MPS2</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i>	RISE & SPIN 7:15 - 8:15 AM <i>MPS1</i>	
STRETCH & ROLL 9:00 - 9:30 AM <i>MPS2</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i>	FUN & FITNESS 50+ 9:20 - 10:10 AM <i>FH2</i>	MUSCLE & STRENGTH 8:30-9:20 AM & 9:30-10:20 AM <i>TTA</i>	
FUN & FITNESS 50+ 9:20 - 10:10 AM <i>FH2</i>	PILATES PLUS 9:30 - 10:20 AM <i>FH2</i>	STRETCH & ROLL 9:00 - 9:30 AM <i>MPS2</i>	FIT FEST 9:30 - 10:20 AM <i>FH2</i>	YOGA FLOW 10:00 - 10:50 AM <i>MPS2</i>		
GENTLE YOGA 10:00 - 10:50 AM <i>MPS2</i>	QIGONG & GENTLE YOGA 10:30 - 11:20 AM <i>FH2</i>	FUN & FITNESS 50+ 9:20 - 10:10 AM <i>FH2</i>	EXPRESS YOGA 10:30 - 11:20 AM <i>FH2</i>	WALK TO HEALTH 10:00 - 10:50 AM <i>TTA</i>		
SENIOR STRENGTH 60+ 10:30-11:20 AM 12-12:50 PM <i>TTA</i>	SENIOR STRENGTH 60+ 10:30 - 11:20 AM <i>TTA</i>	YOGA 10:00 - 10:50 AM <i>MPS2</i>	SENIOR STRENGTH 60+ 10:30 - 11:20 AM <i>TTA</i>	SENIOR STRENGTH 60+ 12:00 - 12:50 PM <i>TTA</i>		
ZUMBA® + STRETCH 11:40 AM - 12:40 PM <i>MPS1</i>	SPIN 10:30 - 11:30 AM <i>MPS1</i>	WALK TO HEALTH 10:00 - 10:50 AM <i>TTA</i>	SPIN 10:30 - 11:30 AM <i>MPS1</i>			
CHAIR YOGA 1:15 - 2:05 PM <i>MPS2</i>	SIT & BE FIT 6:00 - 6:50 PM <i>MPS2</i>	SENIOR STRENGTH 60+ 12:00 - 12:50 PM <i>TTA</i>	SIT & BE FIT 6:00 - 6:50 PM <i>MPS2</i>			
YOGA FLOW & RESTORE 5:30 - 6:20 PM <i>MPS2</i>	METCON MADNESS 6:30 - 7:20 PM <i>TTA</i>	RIP 5:30 - 6:20 PM <i>MPS1</i>	METCON MADNESS 6:30 - 7:20 PM <i>TTA</i>			
RIP 5:30 - 6:20 PM <i>MPS1</i>	ADAPTIVE FITNESS 7:00 - 7:50 PM <i>MPS1</i>	MUSCLE & STRENGTH 6:30 - 7:20 PM <i>TTA</i>	CARDIO DRUMMING 7:00 - 7:50 PM <i>MPS1</i>			
MUSCLE & STRENGTH 6:30 - 7:20 PM <i>TTA</i>	CARDIO DRUMMING 7:30 - 8:20 PM <i>MPS2</i>	ZUMBA® 6:40 - 7:30 PM <i>MPS1</i>				
ZUMBA® 6:40 - 7:30 PM <i>MPS1</i>						

TTA | Fitness Floor Team Training Area

FH | Fieldhouse

MPS | Multi-Purpose Studio

Registration required to attend.

LEGEND





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JANUARY 6 – MAY 3, 2025 | FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
	RESTORATIVE YOGA 10:00 – 10:50 AM <i>RB COURT</i>		FLOW YOGA 10:00 – 10:50 AM <i>RB COURT</i>			

RB Court | Racquet Ball Court

Registration required to attend.

LEGEND



FITNESS CLASS DESCRIPTIONS & DETAILS

Adaptive Fitness: For adaptive participants of all fitness levels. Designed to improve balance, muscular strength and endurance with a variety of safe exercises.

Cardio Drumming: This "seated" class combines drumming (on an exercise ball), rhythm and music. It is so much fun you forget that you are exercising as you focus on the beat. Beginners welcome as we bring the drumsticks alive for an easy-on-the-joints, amazing mind and body workout.

Chair Yoga: A gentle, feel-good routine that helps to lower blood pressure, protect joints, and build strength and balance. This class is essential to anyone. Leave class feeling relaxed and rejuvenated.

Express Yoga: Improve strength, endurance, and flexibility in this upbeat and energizing yoga class.

Fit Fest: A mixed, medium intensity cardio class- dance, step, intervals, and strength training. Lots of variety for a total body workout. Get your heart rate up and smiles on!

Fun & Fitness 50+: An older adult group fitness class for all levels. Get moving in an energetic class that incorporates aerobics, strength training and plenty of fun. Age 50 and older.

Gentle Yoga: Learn basic yoga postures in a comfortable environment. Ease into your range of motion while improving strength, stability, and posture.

Metcon Madness: A well-balanced strength routine focused on taking your game to the next level. The strength circuit will include exercises targeting the entire body while also integrating aspects like power, core and cardio.

Muscle & Strength: We'll teach you how to get the most out of your training and improve your muscle quality, function, and strength!

Pilates Plus: This class applies the core principles of Pilates to both mat work & traditional strength training exercises for an alignment based total body workout.

Qigong & Gentle Yoga: Gentle movements, breathing and visualization will leave you feeling both energized and relaxed. Enhance mobility, flexibility, focus, and relaxation in this gentle and effective mind-body session.

RIP: This barbell class focuses on endurance training to strengthen your entire body. Using different tempos and rep counts, the best weight room exercises are synced to high energy music to motivate you for an amazing full body workout.

Rise & Spin: Early morning spin class is a great way to start the day. We'll take you through a variety of intervals and drills designed to improve your fitness and have you feeling ready to conquer whatever comes your way. For all levels.

Senior Strength 60+: We'll teach you how to improve your muscle quality, function, and strength! All levels welcome, we will adapt to your needs. Age 60 and older.

Sit & Be Fit: These primarily seated classes are for older adults of all fitness levels. Designed to improve balance, muscular strength and endurance using your own body resistance and exercise bands. It is low impact, easy on the joints and a great total body workout.

Stretch & Roll: This stretching, rolling, & mobility class aims to prepare your body for the stress of training and movement through daily life.

Spin: We'll take you through a variety of intervals and drills designed to improve your fitness and have you feeling ready to conquer whatever comes your way. For all levels.

Step, Strength, Stretch: This class is perfect if you want to dust off your old step moves or try it for the first time. This class will get your heart pumping, while building strength and endurance. The fun of cardio, strength training and stretching, all in one class!

Walk to Health: Capitalize on the many health benefits of walking with a focus on body & posture awareness, as well as appropriate strength & stretching moves to invigorate the body.

Yoga Flow: an inclusive yoga practice that is meditative, emphasizing peace and calm in the body and mind. Moving through fluid sequences, linking breath to movement, relieving tension in the body, holding poses and moving mindfully. It is a good fit for anyone new to yoga and those looking to de-stress.

Yoga Flow & Restore: Ease into your week with a bit of work and rest. We'll get our bodies moving with an easy-to-follow flow sequence and finish with restorative poses to settle you into the evening.

ZUMBA®: Party yourself into shape with this calorie burning Latin dance fitness class! It's exercise in disguise!

ZUMBA® + Stretch: 45 minutes of aerobic & Latin dance-based exercise where you can choose moderate or high intensity intervals followed by 15 minutes of gentle flexibility to ease muscle tension and stress. Come for both, or just one!

REGISTER FOR
FITNESS CLASSES
HERE

SWIM. SKATE. SWEAT. SCORE.