

# FALL 2017 DROP-IN SCHEDULE



## Active People have an Active Pass!



### Leisure Pass (GST Included): Effective September 1, 2017

	One-Month	Three-Month	Six-Month	Nine-Month	One-Year
Adult (25-64)	\$56.85	\$154.75	\$292.80	\$413.05	\$516.60
Senior (65+)	\$42.30	\$114.70	\$217.10	\$305.05	\$381.90
Young Adult (19-24)	\$42.30	\$114.70	\$217.10	\$305.05	\$381.90
Youth (13-18)	\$34.50	\$92.40	\$175.90	\$247.15	\$309.50
Child (2-12)	\$27.85	\$72.35	\$138.05	\$194.85	\$242.70
Family	\$112.50	\$302.85	\$573.45	\$809.45	\$1,010.95

### Single Admission (GST Included): Effective September 1, 2017

	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$7.00	\$63.00	\$119.00
Senior (65+)	\$5.25	\$47.20	\$89.20
Young Adult (19-24)	\$5.25	\$47.20	\$89.20
Youth (13-18)	\$4.50	\$40.50	\$76.40
Child (2-12)	\$3.00	\$27.00	\$51.00
Family	\$14.00	\$126.00	\$238.00

## NORTH WEST LEISURE CENTRE • 1127 Arnason St. • 306-777-PLAY (7529)

### AQUATIC FITNESS Effective September 5 – December 31, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:15 a.m.	Aquacise	Aquacise	Aquacise		
12:05 p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise
8:15 p.m.	* Aquacise		* Aquacise		
9 p.m.	*Aqua Kickboxing		*Aqua Kickboxing		

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

### SWIM SCHEDULE Effective September 5 – December 31, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	6:30-8:15 p.m.	6:30-8:25 p.m.	6:30-8:15 p.m.	6:30-8:15 p.m.	6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.
Lane Swim	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.		
Part of the Pool Swim	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.		
Woman Only Swim				8:30-9:30 p.m.			
Hot Tub & Sauna	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:25 p.m.	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

### LAND FITNESS Effective September 5 - December 31, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.	Tabata	Step Cross Training	HIIT	SWAT	Yoga Flow	Cardio Combo	HIIT
10:05 a.m.						Butts & Guts*	
10:15 a.m.							Group Cycle*
10:30 a.m.	20-20-20						
11:15 a.m.							Yoga Fitness
6 p.m.	Boot Camp	Cardio Combo	Body Blast	Group Cycle*			
7:15 p.m.	Group Cycle* Butts & Guts*	Abs Plus*	Group Cycle*	Butts & Guts*			

• Most workouts are one hour long unless indicated: (\*) 45 minutes

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

## SANDRA SCHMIRLER LEISURE CENTRE • 3130 E Woodhams Dr. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective September 5 – December 31, 2017	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9 a.m.		Joint Muscular Strength and Endurance					Joint Muscular Strength and Endurance
10 a.m.		*Baby & Me Aquacise			*Baby & Me Aquacise		Keenagers
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise			
8:30 p.m.	*Aquacise	*Aqua Kickboxing	*Aquacise	*Aqua Kickboxing			

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

\* Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

SWIM SCHEDULE								Effective September 5 – December 31, 2017	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.		
Lane Swim	7-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.				
Adult Swim	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.					
Part of the Pool Swim	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.				
Hot Tub & On Deck	7 a.m.-4 p.m.	7 a.m.-4 p.m.	7 a.m.-4 p.m.	7 a.m.-4 p.m.	7 a.m.-4 p.m.				
Sauna	6:30-9:25 p.m.	6:30-9:25 p.m.	6:30-9:25 p.m.	6:30-9:25 p.m.	6:30-8:25 p.m.	130-8:25 p.m.	1:30-5:25 p.m.		

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## SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529) Lawson Aquatic Centre

AQUATIC FITNESS						Effective September 25 – December 29, 2017	
Closed for annual maintenance August 8 – September 24							
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:30 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
11 a.m.		Deep Water Workout			Deep Water Workout		
12:10 p.m.	Deep Water Workout		Deep Water Workout				Deep Water Workout
1 p.m.	Keenagers		Keenagers				Keenagers
6:05 p.m.	*Aquacise				*Aquacise		
6:45 p.m.		*Deep Water Workout					

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

\* Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

SWIM SCHEDULE								Effective September 25 – December 29, 2017	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	7:30-9:25 p.m.		7:30-9:25 p.m.	7:30-9:25 p.m.	7:30-9:25 p.m.	2-7:55 p.m.	12-4:55 p.m.		
Lane Swim	5:30 a.m.-9:25 p.m.	5:30 a.m.-7:30 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-5 p.m.		
Adult Swim		7:30-9:25 p.m.					5-7:55 p.m.		
Parent & Preschool Swim	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m. 7:30-9:25 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.				
Part of the Pool Swim	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.				

\* Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

## Fieldhouse

LAND FITNESS							Effective September 5 – December 31, 2017	
Closed for annual maintenance June 26 - July 3, 2017								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30 a.m.	Stretch & Tone	Cycle & Stretch*	Fitness Walking	Cycle & Stretch*	Stretch & Tone			
9 a.m.						Group Cycle*	Group Cycle*	
9:30 a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core			
10 a.m.						PiYo	Body Blast	
10:30 a.m.						Power Circuit		
12:10 p.m.	Boot Camp* Yoga Flow*	Body Blast*	Group Cycle* Yoga Flow*	Power Circuit*	TRX Circuit* Yoga Flow*			
5 p.m.			Cycle & Core*					
5:30 p.m.	Duathlon Training	Cycle & Core HIIT	INSANITY	Body Blast	Cycle & Core			
6 p.m.	Cardio Sculpt							
6:45 p.m.		Body Blast	Step & Sculpt					

\* Most workouts are one hour long unless indicated: (\*) 45 minutes • All classes are subject to change/cancellation • Check the monthly changes and cancellations on [Regina.ca](http://Regina.ca)

### Stat Holiday Fitness Classes

Cardio Combo classes will be held at the Fieldhouse on September 4 from 10-11 a.m. and October 9, November 13, December 26 and January 1 from 12-1 p.m.

BASKETBALL & ROLLERBLADING								Effective September 5 – December 31, 2017	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Co-ed Basketball (All Ages)	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	2:30-5 p.m.	2:30-5 p.m.		
Co-ed Basketball 18 Years & Over						5-8 p.m.	5-6:30 p.m.		
Rollerblading	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	8 a.m.-9:30 p.m.				

\* Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times

\* Additional basketball time may be available when there are no scheduled fitness classes, programs, or events • All rollerblading times are space permitting

STRENGTH AND CONDITIONING AREAS							
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 p.m.
Lawson Aquatic Centre	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 p.m.
North West Leisure Centre	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.
Sandra Schmirler Leisure Centre	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.

\* Schedule may be adjusted due to program needs.