# Drop-in Activity Descriptions

## Drop-in Aquatic Recreation and Aquatic Fitness Descriptions

| Activity Name | Description |
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| Adult Swim | A leisure swim time for adults 18 and over at the Lawson Aquatic Centre and 19 and over at the North West Leisure Centre. |
| Against the Flow Water Running | Welcome to our “not-so-lazy river” aquatic fitness class! A fun and unique way to exercise in the water: a low-impact workout for developing muscular strength and endurance, core conditioning and dynamic flexibility. This program runs from the beginning of July to the end of September. |
| All Bodies Swim | A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. |
| Aquacise/Social Aquacise | A fitness class using the natural resistance and buoyancy of the water. |
| Deep Water Workout | A totally non–impact workout done in deep water using a flotation belt. |
| Joint Muscular Strength & Endurance | A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems. |
| Keenagers (55+) | A water workout followed by a relaxing cool down. |
| Lane Swim | Lane swimming in a roped–off, designated area of the pool. |
| Leisure Swim | Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities. |
| Preschool Swim | A special time for parents and children 5 years of age and under to enjoy. |
| Part of the Pool Swim | A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals. |
| Women's Only Swim | An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. |
| Free Swim | Its free! |
| Family Swim | A time to enjoy the pool with your unique family unit for the reduced rate of $5. Each family unit must have one member over the age of 16. Children under the age of 8 years must be within arm's reach of an adult at all times. |
| Toonie Teen Swim | An exclusive time for youth 13-18 years old to enjoy the pool at a reduced rate of $2. |

## Land Drop-in Fitness Descriptions

| Activity Name | Description |
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| 20-20-20 | Cardio, strength, and flexibility all in 60 minutes! 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability. |
| Body Blast | Boost your endurance and build strength in this dynamic workout that combines muscular endurance training with aerobic conditioning. Enjoy a higher intensity workout without the high impact. |
| Cardio Combo | With a focus on conditioning and endurance and a mix of strength, expect to elevate your heart rate and get a sweat on with this higher impact class. |
| Cardio & Sculpt | A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing and sculpting using hand weights. |
| Cycle & Core | A group cycling workout followed by core strengthening exercises. |
| Cycle & Stretch | A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches. |
| Fitness Walking | A low-impact and lower-intensity class that combines muscular strength, balance and stability exercises with walking intervals on the track. |
| FUNctional Fit | This class focuses on undoing what occurs naturally during the aging process and throughout the daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier. |
| Group Cycle | A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels. |

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| HIIT | High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action–based calorie–burning workout! Suitable for all fitness levels. |
| Ignite | Ignite your metabolism with this fun, well rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels. |
| LifeLong Yoga | Using classical yoga asanas and other mindful movements, we'll cultivate whole body strength, length, and balance. Whether you are a new or continuing yoga practitioner, these sessions will offer accessible practices to care for body, mind, and spirit. |
| MELT - for Joint Health | Revolutionize your health with a MELT Self–Care Class. Led by MELT Method L5 NeuroStrength and Exercise Therapist Michelle Downs, this beginner–level session will provide you with a step–by–step guide to learn how to MELT, one section of the body at a time. |
| Rise and Grind | Start your day with a high-energy, full-body workout designed to build strength, power and conditioning. |
| Stadium Stairs | Meet at the front desk of the Fieldhouse and head over to Mosaic Stadium for a new fitness adventure. This instructor–led class will challenge you on the stairs and the ramps. This program runs from the middle of May to September. |
| STEP | A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training. |
| Stretch & Tone | Switch between circuits focused on stability, balance and strength with mobility and flexibility in this low impact, low intensity class. |
| SWAT | Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout. |
| Total Body Bootcamp | Elevate your fitness with this dynamic full-body workout. Featuring a variety of training styles, this moderate-intensity, higher-impact class is designed to keep you moving and motivated. |
| Total Body Sculpt | Target every major muscle group with this full-body workout that combines strength and endurance training. Low-impact and joint-friendly, this class delivers an effective workout that will leave you feeling stronger and challenged. |
| Yoga: Flow | This fun flowing class is moderately paced and focuses on synchronizing yoga postures with your breath. Breath work, relaxation and meditation are part of this well–rounded class. You will leave feeling refreshed, renewed, and rejuvenated. |
| Yoga: Gentle | A gentle yoga class that blends balance, strength and flexibility |
| Yoga: Strength & Relaxation | This uplifting class will build strength, flexibility, and balance. Breath work, relaxation and meditation are part of this well–rounded class. You will leave feeling refreshed, renewed, and rejuvenated. |
| Yoga: Yin | After a slow and gentle warm–up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative. |

*Please note that not all programs may be available. Check the current land and aquatic drop-in schedule at Regina.ca/DropIn.

**Glossary of Terms**

**Higher Impact -** More jumping and greater impact on the body and joints.

**Higher Intensity -** Higher energy activities that increase your heart rate.

**Lower Impact -** Easier on the body and joints with less impact.

**Lower Intensity -** Activities that keep your heart rate at a lower level.