

# Drop-in Activity Descriptions

## Drop-in Aquatic and Aquatic Fitness Descriptions

Activity Name	Description
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.
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
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.
Abs & Arms	A 45-minute class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.
Body Blast	Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.
Cardio Combo	A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.
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.
Evolve Bootcamp	Watch yourself evolve in this challenging boot camp suitable for all levels. This class varies weekly and incorporates cardio, balance, core, agility, speed, strength and endurance exercises.
Fitness Walking	A beginner/moderate level class combining walking on the track with various muscle conditioning exercises.

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.
Glutes Galore, Core & More!	his glute and core conditioning class will strengthen your hips, back, butt and belly along with a focus on the lower body using bands, dumbbells, balls and gliders.
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.
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.
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.
Silver Circuit	Stay strong, energized, and connected in our fun, functional fitness class designed specifically for older adults! A low-impact, full-body workout using circuit-style training blends strength, balance, flexibility, and cardio exercises, adaptable to individual needs. Whether you're looking to maintain your independence, boost energy, or enjoy moving with others, Silver Circuit is a great way to stay fit and feel your best. 30 minutes of circuits followed by 15 minute yoga stretch.
STEP	A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.
Stretch & Tone	This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.
SWAT	Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout.
Total Body Bootcamp/Sculpting	Sculpt and tone muscles above and below the belt. Your chest, back, arms, shoulders, abs, butt, and legs will get a great workout with a relaxing stretch to wrap up the class
Walk 'n Workout	A beginner/moderate level class combining walking with various muscle strengthening and conditioning exercises.
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](http://Regina.ca/DropIn).