

March 3 - May 2, 2025



# FITNESS SCHEDULE

## MONDAY

**5:15-6:15pm**  
SpinSTRONG  
With Kim

## TUESDAY

**12:05-12:50pm**  
Get Your Sweat On!  
With Kelli

## WEDNESDAY

**12:05-12:50pm**  
SpinSTRONG  
With Kim

**5:15-6:00pm**  
Level Up Strength  
With Dayna

**6:30-7:30pm**  
Dance Fusion  
With Shefali

## THURSDAY

**10:00-10:45am**  
Essentrics  
With Sharron

**11:00-11:30am**  
Stretch It Out!  
With Sharron

**12:05-12:50pm**  
Interval Train  
With Kelli

**5:15-6:00pm**  
Barbell Pump  
With Michelle

## FRIDAY

**9:00-10:15am**  
Strengthen & Soothe  
With Kelli

**12:05-12:50pm**  
Level Up Strength AAA  
With Dayna

### Note

**Essentrics & Stretch it Out  
with Sharron:**

There will be no classes on  
March 20th & 27th,  
April 17th & May 1st

To register, call our front desk at  
467-2087 or email [reccentre@kenora.ca](mailto:reccentre@kenora.ca)



Moncrief Construction  
**SPORTS CENTRE**

# Class Descriptions



**Essentrics**  
Sharron

Essentrics is a fluid full-body workout that engages every muscle through dynamic strengthening and lengthening exercises. Essentrics unlocks tight joints, develops lean muscle tone and improves posture for a balanced body. This low impact class is suitable for all ages and fitness levels. In Essentrics, we combine standing, floor and barre work. Awaken every cell, muscle and joint. Come away feeling energized, strong and pain free.



**Barbell Pump**  
Michelle

In this class, we will be using a body pump bar and an assortment of equipment to strengthen our total body. This workout fuses high reps and lower weights to help strengthen our core, improve bone health and build muscle mass.



**Strength & Soothe**  
Kelli

Start your day by working on balance, building strength and enhancing your cardio. Then, enjoy a long, relaxing recovery with stretching, mobility and foam rolling.

**Cost: Members holding 3, 6 month or annual memberships is free.**

**Members with Group Visit packages can register for the amount of classes (10 or 25, depending on package)**

**Non-members will pay a reduced rate depending on the weeks of classes.**

# Class Descriptions



**SpinStrong**  
Kim

Fire up those big muscles. Pump up the power of your heart & lungs using a mix of classic and rhythm spin on the bike. Intervals of strengthening arms or core will be blended in through the class. You will feel your body get stronger, your mind get clearer and your soul get lighter.



**Get your Sweat On**  
Kelli

Combine a cardio workout on the BOSU or Step with a focus on upper body strength and core conditioning to get your lunch time sweat on!



**Dance Fusion**  
Shefali

The upbeat music of this class combines an energetic playlist which includes Merengue, Salsa, Bollywood, Bhangra, Soca, Hip Hop, Belly Dancing and much more. The moves and steps from different dance forms create a mix of low and high intensity style moves with lots of sweat and smiles. The class ends with cool down stretches and breathing exercises to get the heart rate down.

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# Class Descriptions



**Interval Train**  
Kelli

Test your endurance with a wide variety of interval training strategies that will make use of all equipment including bodyweight! This class will end with a mobility/stretch session.



**Level Up Strength**  
Dayna

Have you been wanting to take your strength training to the next level? Let us shoulder the guesswork and help set you up for success in your journey to increasing your muscle strength! This circuit-style class is focused on mindful engagement of the major muscle groups with intention to progress your lifts and can accommodate beginners to advanced participants. The only cardio we do here is lifting weights faster!!

**Cost: Members holding 3, 6 month or annual memberships is free.**

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# Class Descriptions



**Stretch It Out**  
Sharron

Stretch it out is exactly that! We will start standing and give every muscle in our body some well deserved attention. Starting from the top of our head and working our way down to our feet. Moving onto our mat we will focus on our breath. Let's decompress, release and allow our bodies to melt into a relaxed state. All ages and bodies welcome!



**Level Up Strength Triple A**  
Dayna

The Level Up Strength class you love, but with a more mindful focus on arms, abs and a... glutes! Let's sculpt a strong core, build those glutes and push to achieve your very best flex!

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