



Southland Leisure Centre

2000 Southland Drive SW

Jan 2 - Mar 31, 2023

Drop-In Swimming, Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
					Deep Water Workout 8 - 9 a.m. Linda	Deep Water Workout 8:30 - 9:30 a.m. Linda.		
					NEW Tethered Deep Water Workout 9:15 - 10:00 a.m. Linda	Family Swim 8 - 10:30 a.m.		
					Swimming Lessons 9 a.m. - 12 p.m.			
					Drop in - Tot Pool 9 a.m. - 12 p.m.			
					Public Swim - Waves & Dive Tank 12 - 6 p.m.	Public Swim - Waves & Dive Tank 10:30 a.m. - 6 p.m.		
							Deep Water Workout 1:30 - 2:30 p.m. Linda	Deep Water Workout 1:30 - 2:30 p.m. Linda
							Public Swim - Waves & No Tank 1:30 - 2:30 p.m.	Public Swim - Waves & No Tank 1:30 - 3 p.m.
							Public Swim - Waves & Dive Tank 2:30 - 4 p.m.	
						Public Swim - Waves & Dive Tank 3 - 9 p.m.		
							Swimming Lessons 4 - 7 p.m.	
						Public Swim - Waves & Dive Tank 7 - 9 p.m.		
					Subject to change. Weight Room & Facility Hours: Monday-Friday.....7 a.m. - 9 p.m. Saturday-Sunday....7 a.m. - 6 p.m. Please visit calgary.ca/southland for the latest schedules, admission rates and class descriptions. To sign up for instructor lead classes visit calgary.ca/dropin			



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Deep Water Workout 8 - 9 a.m. Linda	Deep Water Workout 8:30 - 9:30 a.m. Linda.
Pure Cycle 8 - 9 a.m. CS Randi	Pure Cycle 8 - 9 a.m. CS Agatha	Pure Cycle 8 - 9 a.m. CS Randi			NEW Tethered Deep Water Workout 9:15-10:00 a.m. Linda	NEW Pure Cycle 8-9 a.m. CS Gail B
Pure Strength 9:15 - 10:15 a.m. MPR Randi	Total Body Workout 9:15 - 10:15 a.m. MPR Agatha	Pure Strength 9:15 - 10:15 a.m. MPR Randi	ACE (Registered) 9:15 - 10:15 a.m. WCS	NEW Total Body Workout 9:15-10:15 a.m. MPR Gail S	NEW Total Body Workout 9 - 10 a.m. MPR Gail S	NEW Pure Strength 9:15-10:15 a.m. MPR Gail B
Yoga* 9:15 - 10:15 a.m. WCS Valarie	ACE (Registered) 9:15 - 10:15 a.m. WCS			Pure Cycle 9:15 - 10:15 a.m. CS Emm		
Adapted Fitness (Registered) 9:30 - 11 a.m. WR	Small Group Training – FUNCTIONAL Strength (Registered) 9:30 - 10:30 a.m. WR	Adapted Fitness (Registered) 9:30 - 11 a.m. WR	Small Group Training - FUNCTIONAL Strength (Registered) 9:30 - 10:30 a.m. WR			
	Small Group Training – FUNCTIONAL Strength (Registered) 10:30—11:30 a.m. WR		Small Group Training – FUNCTIONAL Strength (Registered) 10:30—11:30 a.m. WR			
	Yoga* 10:30-11:30 a.m. WCS Agatha		Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. MPR	Yoga* 10:25 - 11:25 a.m. WCS Valarie		
	Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR		Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR			
50+ Fitness (Gentle 3) 1 - 2 p.m. MPR Sharon L	Sit Fit (Gentle 1) 1 - 2 p.m. MPR Helen	50+ Fitness (Gentle 3) 1 - 2 p.m. MPR Sharon L	Sit Fit (Gentle 1) 1 - 2 p.m. MPR Helen			
			Deep Water Workout 1:30 - 2:30 p.m. Linda	Deep Water Workout 1:30 - 2:30 p.m. Linda	<p style="text-align: center;">Subject to change.</p> <p>Weight Room Hours: Monday-Friday.....7 a.m.-9 p.m. Saturday-Sunday....7 a.m.-6 p.m.</p> <p>Please visit calgary.ca/csps/recreation/leisure-centres/southland for the latest schedules, admission rates and class descriptions.</p> <p>To sign up for instructor lead classes visit calgary.ca/dropin</p> <p>*Must bring your own mat</p> <p>CS: Cycle Studio MPR: Multi-Purpose Room WCS: Woodcreek Studio WR: Weight Room</p>	
	ACE Maintenance (Registered) 2:15 - 3:15 p.m. MPS		ACE Maintenance (Registered) 2:15 - 3:15 p.m. MPS			
Pure Cycle 5:30 - 6:20 p.m. CS Gail						
Small Group Training - Power Hour Circuit (Registered) WCS 6 - 7 p.m.		Small Group Training - Power Hour Circuit (Registered) WCS 6 - 7 p.m.				
Pure Strength 6:35 - 7:35 p.m. MPR Gail	Group Boxing 6 - 7 p.m. MPR Emm	NEW Total Body Workout 6 - 7 p.m. MPR Gail S	Group Boxing 6 - 7 p.m. MPR Emm			
Small Group Training - FUNCTIONAL Strength (Registered) 7 - 8 p.m. WCS	Small Group Training Body Under Construction (Registered) 6 - 7 p.m. WR	Small Group Training - Functional Strength (Registered) WCS 7 - 8 p.m.	Small Group Training - Body Under Construction (Registered) 6 - 7 p.m. WR			



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Drop In - Aquatic & Dryland Fitness Descriptions

50+ Fitness (Gentle 3) - A moderate intensity fitness class especially for aging adults. Classes will include exercises for improving cardiovascular fitness, strength, balance and flexibility. Join your peer group to keep active and have fun!

Balance & Strength (Gentle 2) - An easy to follow low intensity class for adults. Designed for those with any type of limited mobility, helping increase confidence and improve balance, strength, core stability and flexibility. Also includes low intensity cardio to help build up endurance.

Deep Water Workout (DWW) - A water fitness class incorporating the buoyancy and resistance of water to challenge your cardiovascular system and muscle groups. The exercises are done while wearing a flotation belt in deep water. Swimming skills are not necessary.

Group Boxing - Expect a high intensity boxing based workout which will leave you feeling energized. This full body, group boxing class is perfect for all levels, no boxing experience required. Boxing intervals, high energy music and the latest equipment will increase body strength and cardiovascular health. Please arrive with hand wraps already on.

Pure Cycle - Crank it up with this motivating and vigorous no frills class designed to give an unbeatable workout to all levels of experience. Optimize cardiovascular fitness and calorie burn as well as improve overall strength and core stability. Classes will include some of the following components; hills, race pace, sprints, tempo, power drills, team riding, intervals, race course, all terrain, wind rides and more!

Pure Strength - A progressive weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. Pure Strength is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body using a variety of strength, power and endurance techniques and principles.

Sit Fit (Gentle 1) - Get fit while you sit! This program offers chair exercises that can be done in a safe and comfortable environment. Learn functional exercises that will help you be stronger in your everyday life activities.

Tethered Deep Water Workout - Traditional deep water moves are performed while tethered to a lane rope by a bungee that is attached to your floatation belt. Add the intensity and challenge of the band to the resistance of the water to improve both cardio and muscular endurance. This self paced, impact free class is open to all levels of fitness. Must be able to use the ladder to get in and out of the deep pool.

Total Body Workout - An intense yet self-paced class with simple or no choreography. There is no set blueprint - classes may have different formats but will include either interval or continuous cardio (possibly utilizing sport moves) and strength moves for every major muscle group including core and balance exercises.

Yoga - Yoga can calm the nervous system and balance the body, mind and spirit. This class emphasizes the union of breath, focus and structural alignment through a system of poses aimed to relieve the stresses of modern day life. No late entry. Please bring your own mat.

To sign up for instructor lead classes visit calgary.ca/dropin