



Southland Leisure Centre

2000 Southland Drive SW

Sept 11 - Dec 23, 2023

Drop-in & Registered Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			NEW Cardio & Strength Intervals 7:10 - 8:05 a.m. MPR Janine			
Pure Cycle 8 - 8:50 a.m. CS Randi	Pure Cycle 8 - 9 a.m. CS Agatha	Pure Cycle 8 - 8:50 a.m. CS Randi	NEW Yoga * 8:20 - 9:20 a.m. WS Janine			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		Pure Cycle 9:15 - 10:15 a.m. CS Emm	Total Body Workout 9 - 10 a.m. MPR Gail S	NEW Yoga * 8 - 9 a.m. WCS Matthew
Yoga * 9:15 - 10:15 a.m. WCS Valarie	A.C.E. Baseline (Registered) 9:15 - 10:15 a.m. WCS		A.C.E. Baseline (Registered) 9:15 - 10:15 a.m. WCS	Total Body Workout 9:15 - 10:15 a.m. MPR Gail S		NEW TRX-Strength (Youth & Adult) (Registered) 9:15 - 10:15 a.m. MPR
Adapted Fitness (Registered) 9:30 - 11 a.m.	Small Group Training Functional Strength (Registered) 9:30 - 10:30 a.m. WR	Adapted Fitness (Registered) 9:30 - 11 a.m.	Small Group Training Functional Strength (Registered) 9:30 - 10:30 a.m. WR		Deep Water Workout 1-2 p.m. Linda Begins Oct. 7	NEW Deep Water Workout 10:30-11:30a.m. Matthew Begins Oct.8
	Small Group Training Athletic Older Adult (Registered) 10:30 - 11:30 a.m. WR		Small Group Training Athletic Older Adult (Registered) 10:30 - 11:30 a.m. WR		Tethered Deep Water Workout (Registered) 2:15 - 3 p.m. Linda Begins Oct. 7	
NEW ZUMBA® 10:30 - 11:30 a.m. MPR Andrea	Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. MPR Linda	Zumba® 10:30 - 11:30 a.m. MPR Andrea	Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. MPR Linda	Yoga * 10:25 - 11:25 a.m. WCS Valarie	<p>Several amenities at Southland Leisure Centre will be closed for annual maintenance and cleaning beginning Sept. 5, 2023.</p> <p>Reopening dates:</p> <p>Sept. 11, 2023 Fitness studio, multipurpose rooms, weight room and gymnasium.</p> <p>Oct. 2, 2023 Water park and wave pool.</p> <p>Check calgary.ca/pools for up-to-date info.</p>	
	Yoga * 10:30 - 11:30 a.m. WCS Agatha					
Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR	Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR	Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR	Adapted Fitness (Registered) 11 a.m. - 12:30 p.m. WR			
			NEW Pure Cycle 12 - 12:50 p.m. CS Randi			
			NEW Yoga * 12 - 1 p.m. WCS Janine			
50+ Fitness (Gentle Fitness Level 3) 1 - 2 p.m. MPR Sharon	Sit Fit (Gentle Fitness Level 1) 1 - 2 p.m. MPR Helen	50+ Fitness (Gentle Fitness Level 3) 1 - 2 p.m. MPR Sharon	Sit Fit (Gentle Fitness Level 1) 1 - 2 p.m. MPR Helen			
	A.C.E. Maintenance (Registered) 2:15 - 3:15 p.m. MPR		Deep Water Workout 1:30 - 2:30 p.m. Linda Begins Oct. 5	Deep Water Workout 1:30 - 2:30 p.m. Linda Begins Oct. 6		
NEW Active Athlete- Youth 4:30 - 5:30 p.m. MPR Sukhwinder	Small Group Training Body Under Construction (Registered) 6 - 7 p.m. WR	NEW Active Athlete-Youth 4:30 - 5:30 p.m. MPR Sukhwinder	A.C.E. Maintenance (Registered) 2:15 - 3:15 p.m. MPR			
	Group Boxing 6 - 7 p.m. MPR Emm	NEW Cycle Indoors for Beginners (Registered) 5:30 - 6:30 p.m. CS				
Pure Strength 6 - 7 p.m. MPR Gail B	NEW Yoga for Beginners * (Registered) 6 - 7:15 p.m. WCS		Group Boxing 6 - 7 p.m. MPR Emm			
NEW Plus Size Fitness (Registered) 6 - 7 p.m. WCS	NEW Pure Cycle 6:15-7:15 p.m. CS Randi	Small Group Training Power Hour Circuit (Registered) 6 - 7 p.m.	Small Group Training Body Under Construction (Registered) 6 - 7 p.m.			
Small Group Training Power Hour Circuit (Registered) 6 - 7 p.m. WR and WCS	Small Group Training Body Under Construction (Registered) 7 - 8 p.m. WR	Total Body Workout 6 - 7 p.m. MPR Gail S	Small Group Training Body Under Construction (Registered) 7 - 8 p.m. WR			
NEW Pure Cycle 7:15-8:15 p.m. CS Gail B	NEW Core Conditioning 7:30 - 8:30 p.m. MPR Janine		NEW Yoga for a Healthy Back * (Registered) 7:30-8:30 p.m. WCS			



Visit calgary.ca/Southland for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.

Must bring your own yoga mat *

CS: Cycle Studio
MPR: Multi-Purpose Room
WCS: Woodcreek Studio
WR: Weight Room



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Drop In - Aquatic & Dryland Fitness Descriptions

50+ Fitness (Gentle Fitness Level 3):

An easy to follow, moderate intensity fitness class targeting aging adults. Classes will include exercises for improving cardiovascular fitness, strength, balance, and flexibility.

Youth - Active Athlete (12 - 17 Years)

This class is for active or athletic youth. It focuses on fundamental movement skills, enhancing athletic performance, and fostering a love for activity. Take part in a variety of challenges, games and exercises designed to meet the unique developmental needs and interests of youth.

Balance & Strength (Gentle Fitness Level 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. Exercises are done while wearing a floatation 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 your calorie burn and cardiovascular fitness as well as improve overall strength and core stability. Classes will include some of the following components: spinning, hills, race pace, sprints, tempo, power drills, team riding, intervals, racecourse, all terrain, wind rides and more!

Pure Strength:

Pure Strength is a group fitness, resistance training class that provides a simple, athletic-based workout. It builds your muscular strength and endurance through a progressive strength training workout using barbells with adjustable weights to strengthen and define the major muscle groups. Each resistance workout builds off of the strength earned in the previous class. Open to all levels of fitness. All equipment is provided. Bring clean, indoor athletic shoes.

Sit Fit (Gentle Fitness Level 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.

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. No late entry permitted.

Yoga:

Increase your body awareness, strength, balance and flexibility. Learn to relax, re-energize, and relieve everyday stress through safe, gentle postures and relaxation techniques.

Zumba® :

Try the world's largest Latin dance inspired fitness program. Easy to follow steps coincide with a celebration of Latin and world music with superior cardio, toning, and F-U-N in just one class! Join the party!

Cycle Indoors for Beginners:

An indoor cycling class for beginners who have never participated in a spin-style class. Participants will be taught proper bike set-up, technique, terminology, and riding posture for maximum benefit and injury prevention. Each week your instructor will lead you through various drills in a fun and simple manner set to motivating music. All fitness levels will feel their fitness improve in this class. Please bring clean, indoor athletic shoes or cycle shoes with an SPD cleat, water and a towel.

Plus Size Fitness:

This encouraging, non-intimidating fitness class allows you to forget your size, age, and fitness level. With zero focus on "weight loss" or "being thin," this class encourages feeling good through exercise and active living. Exercises will include resistance for improved strength and continuous movement to help build endurance. Appropriate for all fitness levels. Dress to be active and bring clean, indoor athletic shoes.

Small Group Training - Athletic Older Adult

These small group sessions will focus on training concepts geared towards active older adult. You will improve your athletic skills, increase strength, improve balance and overall muscular endurance. Open to most fitness levels. Intensity levels are moderate to high. Bring clean, indoor athletic shoes.

Small group training - Body Under Construction:

This small group training class delivers personalized attention and a progressive full body program. You will build strength, improve cardio, transform your fitness level and body composition using circuits and strength training principles. Open to all levels of fitness and ages. Intensity levels will vary. Bring clean, indoor athletic shoes. A completed Par-Q+ form required

Small group training - Functional Strength:

This small group training class delivers personalized attention and a progressive full body program. Weight room classes will focus on training principles using a variety of exercises to improve your day to day functional movement. Open to all levels of fitness and ages. Intensity levels are moderate. Bring clean, indoor athletic shoes. Completed Par-Q+ form required.

Small group training - Power Hour Circuit:

This small group training class delivers personalized attention and a progressive full body program. Enjoy fun and dynamic circuit based training sessions that targets strength, power, cardio endurance and core stations using a variety of equipment. Open to all levels of fitness and ages. Intensity levels vary from moderate to high. Bring clean, indoor athletic shoes. Completed Par-Q+ form required.

Yoga for a Healthy Back:

Safe yoga poses help to reduce and prevent back pain by balancing spinal mobility and stability. Explore and release areas of tightness and strengthen areas of weakness through the whole body to improve posture and reduce back pain while reducing stress. This yoga class is for all levels. This class may be offered in an air-conditioned studio. Please wear comfortable, layered clothing and bring your own yoga mat.