



Fall 2019
16 Sept - 13 Dec

Fitness & Specialty Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1145-1230	S.A.Q.	PILATES	-YOGA & - SPIN	BOOT CAMP	
1430-1515	⚡ FORCE FOUNDATION**		⚡ FORCE FOUNDATION**		
1600-1700	⚡ AQUAFIT & ⚡ YOGA		⚡ AQUAFIT		⚡ AQUAFIT

DROP IN FEES:

See website for swim drop-in fees

SINGLE:

45 min & 1 hr classes

\$6.50 Rec Pass Holders

\$8.50 All Authorized Users

10x PUNCH CARDS:

45 min classes

10/\$45 Rec Pass Holders

10/\$60 All Authorized Users

** 2 Stars = Military Only

⚡ = Free for Military Members

Drop in fees apply for all other participants.

 [19WingComoxPSP](https://www.facebook.com/19WingComoxPSP)
www.cafconnection.ca/comox

NOTE:

Schedule subject to change.
 Visit our Facebook page
 for updates.

SHADED CLASSES: (class descriptions on back)

Are **FREE** to Military/DND/PSP & MFRC Employees.
 Rec Pass Holders are welcome if space permits—see drop in fees

DON'T HAVE A REC PASS?

Contact the Recreation office today for details on rates and payment options.
 Recreation Assistant, 250-339-8211 Local 7173

S.A.Q. (SPEED, AGILITY, QUICKNESS)

This program is intended to introduce proper fitness techniques that are in correlation to balance, coordination, agility, rhythm, speed and quickness. This class will target the four components of physical fitness: Muscular strength and endurance, cardiovascular/cardio respiratory endurance, flexibility and body composition.

PILATES

Pilates is a mind-body exercise, with a focus on core stability, muscle control and mobility, posture and breathing. Pilates is a great complimentary activity to any sport or gym routine.

SPIN

The only thing you'll miss is the traffic! No matter what your cycling experience, you are sure to have a workout you won't forget. Take your fitness routine up a notch, whether you're a beginner looking to get started, or an advanced rider trying to reach a goal, we've got you covered.

YOGA

Inviting you to slow down in a supportive, calming environment and create space for stillness and meditation. A combination of mindful movements and postures where you can find flexibility, strength and balance within your body. This is a beautiful complement if you have an active lifestyle.

BOOT CAMP

This Class will focus on functional movements that will include a mix of aerobic, strength and speed elements. This intense workout will provide a while body workout that will leave you sweating and wanting to come back for more!

****FORCE FOUNDATION - MILITARY MEMBERS ONLY**

Structured training sessions for the needs of CAF members to pass the FORCE Evaluation, and more importantly the rigours of operations. Also known as the Supplementary Physical Training Program.



AQUAFIT

A total body water workout featuring a balance of cardio as well as muscular strength and endurance. Great for all levels of fitness. Non-swimmers welcome.

**CLASSES SUBJECT TO CHANGE.
JOIN OUR WEEKLY EMAIL LIST FOR UPDATES**

