



BIG MARBLE GO CENTRE

Schedule is subject to change without notice. Follow us on social media @bigmarblegocentre for the most up to date information and alerts.

SEPTEMBER 6 – DECEMBER 21, 2025 | FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i> FUN & FITNESS 9:10 - 10:00 AM <i>FH2</i> GENTLE YOGA 10:00 - 10:50 AM <i>MPS2</i> SENIOR STRENGTH 10:15-11:05 AM 11:15-12:05 PM <i>TTA</i> SPIN (Starting Oct 21) 11:30 - 12:30 PM <i>MPS1</i> CHAIR YOGA 1:15 - 2:05 PM <i>MPS2</i> YOGA FLOW & RESTORE 5:30 - 6:20 PM <i>MPS2</i> RIP 5:30 - 6:20 PM <i>MPS1</i> MUSCLE & STRENGTH 6:30 - 7:20 PM <i>TTA</i> ZUMBA® 6:40 - 7:30 PM <i>MPS1</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i> PILATES PLUS 9:30 - 10:20 AM <i>FH2</i> STRETCH & ROLL 10:00 - 10:30 AM <i>MPS2</i> SENIOR STRENGTH 10:15-11:05 AM 11:15-12:05 PM <i>TTA</i> QIGONG & GENTLE YOGA 10:30 - 11:20 AM <i>FH2</i> SIT & BE FIT 6:00 - 6:50 PM <i>MPS2</i> METCON MADNESS 6:00 - 6:50 PM <i>TTA</i> CARDIO DRUMMING 7:00 - 7:50 PM <i>MPS2</i>	RISE & SPIN 6:00 - 7:00 AM <i>MPS1</i> MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i> FUN & FITNESS 9:10 - 10:00 AM <i>FH2</i> YOGA 10:00 - 10:50 AM <i>MPS2</i> ACTIVE LIVING (WALK TO HEALTH) 10:15 - 11:05 AM <i>TTA</i> GIRLS GONE STRONG 4:15 - 5:00 PM <i>TTA</i> RIP 5:30 - 6:20 PM <i>MPS1</i> MUSCLE & STRENGTH 6:30 - 7:20 PM <i>TTA</i> ZUMBA® 6:40 - 7:30 PM <i>MPS1</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i> FIT FEST 9:30 - 10:20 AM <i>FH2</i> STRETCH & ROLL 10:00 - 10:30 AM <i>MPS2</i> SENIOR STRENGTH 10:15-11:05 AM 11:15-12:05 PM <i>TTA</i> EXPRESS YOGA 10:30 - 11:20 AM <i>FH2</i> SPIN (Starting Oct 17) 11:30 - 12:30 PM <i>MPS1</i> SIT & BE FIT 6:00 - 6:50 PM <i>MPS2</i> METCON MADNESS 6:00 - 6:50 PM <i>TTA</i> ADAPTIVE FITNESS 7:00 - 7:50 PM <i>MPS1</i> CARDIO DRUMMING 7:00 - 7:50 PM <i>MPS2</i>	MUSCLE & STRENGTH 8:50 AM 9-9:50 AM <i>TTA</i> FUN & FITNESS 9:10 - 10:00 AM <i>FH2</i> YOGA FLOW 10:00 - 10:50 AM <i>MPS2</i> ACTIVE LIVING (WALK TO HEALTH) 10:15 - 11:05 AM <i>TTA</i>	RISE & SPIN 7:15 - 8:15 AM <i>MPS1</i> MUSCLE & STRENGTH 8:30-9:20 AM <i>TTA</i> RISE & GRIND BOOT CAMP 9:45-10:35 AM <i>TTA</i>	MUSCLE & STRENGTH 9-9:50 AM <i>TTA</i>

TTA | Fitness Floor Team Training Area **FH** | Fieldhouse **MPS** | Multi-Purpose Studio

Registration required to attend.

LEGEND

Medicine Hat



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SEPTEMBER 2 - DECEMBER 18, 2025 | FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
SIT AND BE FIT 10:00 - 10:50 AM <i>RB COURT</i>	MUSCLE & STRENGTH 8:45 - 9:35 AM <i>RB COURT</i> RESTORATIVE YOGA 10:00 - 10:50 AM <i>RB COURT</i>	SIT AND BE FIT 10:00 - 10:50 AM <i>RB COURT</i>	MUSCLE & STRENGTH 8:45 - 9:35 AM <i>RB COURT</i> FLOW YOGA 10:00 - 10:50 AM <i>RB COURT</i>			

RB Court | Racquet Ball Court

Registration required to attend.

LEGEND



FITNESS CLASS DESCRIPTIONS & DETAILS

Adaptive Fitness: For adaptive participants of all fitness levels. Designed to improve balance, muscular strength and endurance with a variety of safe exercises.

Cardio Drumming: This "seated" class combines drumming (on an exercise ball), rhythm and music. It is so much fun you forget that you are exercising as you focus on the beat. Beginners welcome as we bring the drumsticks alive for an easy-on-the-joints, amazing mind and body workout.

Chair Yoga: A gentle, feel-good routine that helps to lower blood pressure, protect joints, and build strength and balance. This class is essential to anyone. Leave class feeling relaxed and rejuvenated.

Express Yoga: Improve strength, endurance, and flexibility in this upbeat and energizing yoga class.

Fit Fest: A mixed, medium intensity cardio class- dance, step, intervals, and strength training. Lots of variety for a total body workout. Get your heart rate up and smiles on!

Fun & Fitness: An older adult group fitness class for all levels. Get moving in an energetic class that incorporates aerobics, strength training and plenty of fun. Age 50 and older.

Gentle Yoga: Learn basic yoga postures in a comfortable environment. Ease into your range of motion while improving strength, stability, and posture.

Girls Gone Strong: Tailored exclusively for girls aged 11-16, this class combines cardio, strength-training, and injury-prevention to build confidence, grow strong, and cultivate a sense of well-being in a supportive and uplifting environment.

Learn to Lift: A beginner-friendly program designed to teach proper technique, build confidence in the gym, and introduce safe, effective strength training fundamentals. With guided coaching and hands-on practice, participants will master key lifts while developing the skills to train independently.

Metcon Madness: A well-balanced strength & cardio routine focused on taking your game to the next level. The strength circuit will include exercises targeting the entire body while also integrating aspects like power, core and cardio.

Muscle & Strength: We'll teach you how to get the most out of your training and improve your muscle quality, function, and strength!

Pilates Plus: This class applies the core principles of Pilates to both mat work & traditional strength training exercises for an alignment based total body workout.

Qigong & Gentle Yoga: Gentle movements, breathing and visualization will leave you feeling both energized and relaxed. Enhance mobility, flexibility, focus, and relaxation in this gentle and effective mind-body session.

RIP: This barbell class focuses on endurance training to strengthen your entire body. The best weight room exercises are synced to high energy music to motivate you for an amazing full body

Rise & Grind Boot Camp: A high-energy bootcamp designed to kickstart your day with strength, cardio, and functional training that leaves you feeling unstoppable. Each session pushes you to your limits, building power, endurance, and confidence from the ground up.

Rise & Spin: Early morning spin class is a great way to start the day. We'll take you through a variety of intervals and drills designed to improve your fitness and have you feeling ready to conquer whatever comes your way. For all levels.

Senior Strength: We'll teach you how to improve your muscle quality, function, and strength! All levels welcome, we will adapt to your needs. Age 60 and older.

Spin: We'll take you through a variety of intervals and drills designed to improve your fitness and have you feeling ready to conquer whatever comes your way. For all levels.

Sit & Be Fit: These primarily seated classes are for older adults of all fitness levels. Designed to improve balance, muscular strength and endurance using your own body resistance and exercise bands. It is low impact, easy on the joints and a great total body workout.

Stretch & Roll: This mobility class will increase your range of motion, stability, and mobility so you are better able to exercise, move, and enjoy life!

Active Living (Walk to Health): This class is the perfect combination of walking and other appropriate strength and stretching exercises designed to keep you moving well.

Yoga Flow: a yoga practice that is meditative, emphasizing peace and calm in the body and mind. Moving through fluid sequences, linking breath to movement, relieving tension in the body, holding poses and moving mindfully. A good fit for anyone new to yoga and those looking to de-stress.

Yoga Flow & Restore: Ease into your week with a bit of work and rest. We'll get our bodies moving with an easy-to-follow flow sequence and finish with restorative poses to settle you into the evening.

ZUMBA®: Party yourself into shape with this calorie burning Latin dance fitness class! It's exercise in disguise!

SWIM. SKATE. SWEAT. SCORE.

**REGISTER FOR
FITNESS CLASSES HERE**