
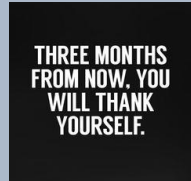



# Group Fitness Class Schedule

January – March 2018

## ALLISTON- NTRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:30am Completely Fit- Iuliia	9:30am Total Body Blast-Iuliia	9:30am Cardio Core-Sonia	9:30am Completely Fit-Iuliia	9:30am Total Body Blast- Iuliia	9:00am Body Pump- Maureen		
10:40am Kundalini Yoga-Dana	10:35am Fit for Life (A)-Agnes	12:00pm Yin Yoga-Dana	10:35am Fit for Life (A)-Agnes	10:40am Hatha Flow Yoga-Dana			
11:45am Yin Yoga-Dana	11:35am Fit for Life (B)-Agnes	5:30pm Muscle & Tone- Maureen	11:35am Fit for Life (B)-Agnes	5:30pm Kangoo Bootcamp - Faith		<p><u>NTRC Fitness Centre Hours of Operation</u> Mon-Friday 6am-10pm Sat/Sunday 7am-7pm <b>Hours/Schedules subject to change.</b></p> <p><u>Please Note:</u> Classes may be cancelled at any time due to unforeseen circumstances. Please visit our website, Facebook, Twitter or call Guest Services for Updates.</p>	
5:30pm Kangoo – Faith	1:00pm Chair Fitness-Agnes	6:40pm Yoga Fusion-Dana	1:00pm Chair Fitness-Agnes				
6:30pm Cardio kickbox- Sonia	5:30pm Total Body Blast- Michelle	8:00pm Kangoo Bootcamp Faith	5:30pm Step It Up- Michelle				
7:30 pm Zumba STEP- Kyle	6:40pm Power Flow Yoga-Dana		6:40pm Bootcamp- Iuliia				
	8:00pm Bootcamp- Iuliia		8:00pm Zumba -Kyle				
<p><b>Join our fitness email list for up to date information on cancellation/changes to regular programming.</b></p>							

## TOTTENHAM- TCFC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00am Cardio Kickbox - Michelle	9:30am Step it Up-Michelle	6:30am Cycle Fast - Christie	9:30am Total Body Blast- Michelle	6:30am Body Bootcamp -Christie	9:00am Step it Up! – Michelle	9:00am Pilates – Gail	
9:30am Total Body Blast-Sonia	10:30am Muscle & Tone-Maureen	9:30am Body Bootcamp - Agnes	1:30pm Pilates- Gail	9:30am Circuit Training - Sonia	10:15 am Yoga Power Flow MC		
10:30am Fit for Life(A)-Agnes	12:00pm Short Circuit- Michelle	10:30am Fit for Life(A)-Agnes	5:30pm Muscle & Tone- Maureen	10:30am Fit for Life (A) – Agnes	<p><u>TCFC Fitness Centre Hours of Operation</u> Mon-Friday 6am-10pm Sat/Sunday 7am-7pm <b>Hours/Schedules Subject to Change.</b></p> <p>To join our fitness email list or for more Information on Group Fitness Classes, Registered Programs, Memberships or Personal Training please Contact Guest Services: 705-435-4030 Ext.1500 or 1621 <a href="http://www.newtecumseth.ca">www.newtecumseth.ca</a> Email: <a href="mailto:recreation@newtecumseth.ca">recreation@newtecumseth.ca</a></p>		
11:30am Fit for Life(B)-Agnes	5:30pm Spin/Pilates - Gail	11:30am Fit for Life(B)-Agnes	6:30pm Cycle Fit- Christie	11:30am Fit for Life (B) Agnes			
1:00pm Chair Fitness-Agnes	6:30pm Cardio Shape - Joanne	1:00pm Chair Fitness-Agnes	7:30pm Kangoo – Shannon	1:00pm Chair Fitness Agnes			
6:15pm (45mins) Cycle Fast- Christie	7:30 pm Kangoo - Shannon	4:30pm Body Bootcamp – Michelle	<p><b>Kangoo boot rentals \$5.00</b></p>				
7:00pm Bootcamp- Christie	7:45 pm Bands & Balance Joanne (Starts February 6 <sup>th</sup> ) Running Feb. & March	6:00pm Step it Up-Michelle					
8:05pm Hatha Yoga-MC		8:00pm Yoga Flow-MC					

FITNESS CLASS DESCRIPTIONS: All Classes are 55 Minutes in length, unless otherwise indicated. Please vacate the fitness studio promptly after class to allow for the next class participants to enter.			
Bands and Balance	This low impact workout will include the use of resistance bands and balance exercises for full body toning.		
Body Pump	Various equipment is utilized to isolate and tone all major muscle groups, including core.		
Body Bootcamp	Get fit with this military style boot camp! HIIT training, intervals, body weight exercises, cardiovascular drills and much more! DROP AND GIVE US 20!		
Bootcamp	Full body, muscle & cardio. Interval intense workout.		
Cardio Core/Cardio Kickbox	Punch and kick your way to a health heart using some kickboxing and traditional aerobic moves! You will blast away calories while strengthening your core. This program is suitable for all levels. No sparring in this class.		
Chair Fitness	A workout designed for people with mobility issues. Most exercises are done sitting in a chair or using the chair for balance.		
Circuit Training	Fitness equipment is setup into stations to create an aerobic and resistance training circuit. Designed to target strength and cardiovascular fitness while burning fat.		
Completely Fit	Utilize a variety of equipment for an interval class that combines resistance training exercises with cardiovascular intervals to create a complete overall workout.		
Cycle Fit (60 min) Cycle FAST (45 min)	Cycle your way to a healthier you. Go at your own pace or use the energy of the group to increase your endurance.		
Fit For Life A and B (Older Adult Class)	A combination of flexibility & strength training in a positive and energizing environment. Designed to increase flexibility, joint stability, balance, coordination, agility and mobility. There is mat work in this class. Please let your instructor know if you have difficulty transitioning from standing to floor work. "Chair Fitness" is recommended for those who may have mobility/balance issues.		
Kangoo & Kangoo Bootcamp	Bounce Kangoo Fitness classes use "Kangoo Jumps" boots. These classes are dynamic, can be easily followed, and are suitable for all levels. This is a intense cardio workout wearing special boots that help protect your joints from higher impact exercise. <b>The Boot rental is \$5.00 per class while supplies last- You must arrive at least 10 min early to class for boot rentals.</b>		
Muscle & Tone	Join this muscle conditioning class which develops body awareness to help improve technique, core strength, and overall health. A variety of equipment such as the Stability Ball will be utilized. All levels welcome.		
PILATES	Lengthen, tone, and build strength in your whole body with Pilates. This class is suitable for any fitness level.		
Step it UP!	A cardiovascular step workout with a toning component using various equipment. Perfect for all fitness levels!		
Total Body Blast/ Circuit Training	Total Body Blast will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.		
Yoga Fusion	A combination of power, kundalini, barre and muscular structure mat work to balance the body. Inspiring music to keep you feeling empowered.		
Yoga: Power Flow	Power Flow yoga is a vinyasa style class with Flow. Each class will vary slightly and play with different yoga techniques. During this series of postures, you will strengthen and tone the upper body and core abdominal muscles and develop the ability to properly coordinate body movements with correct breathing techniques. All Levels Welcome.		
Hatha Yoga Flow	Flow yoga to strengthen, stretch, tone and relax. Alleviate tension from the office or relieve tightness in your body from sports. Uplifting practice that increases muscle tone, improves flexibility, concentration and allows you to feel a deep relaxation.		
Kundalini Yoga	Kundalini Yoga consists of simple yogic techniques that can be enjoyed by everyone, regardless of level. A great cardio workout.		
Yin Yoga	Yin Yoga is the practice of long held passive postures designed to target the joints, bones and connective tissue.		
<b>REGISTERED PROGRAMS: Registered programs are paid programs, with a set start and end date. Please see Guest Services for more information and register early! We may open certain programs up to Pay- As- You- Go, only if minimum registration numbers are met and class is running.</b>			
Maximum class participant numbers are set based on equipment availability, safety & industry standards.	ALL Fitness classes have a <u>maximum of 20 participants</u> with the following expectations; Kangoo – 15 max Cycle Fit/Spin – 16 max NTRC (Alliston) Fit for Life – 15 max TCFC (Tottenham) Yoga – 30 max		
CLASS Legend	Cardio with Resistance	Resistance Only	Meditation/ Stretch/ Strengthen
	Cardio High Energy	Older Adult Fitness	Registered Programs