

Group Fitness Class Schedule - Fall 2018 (September 4 – December 21, 2018)

ALLISTON (NTRC)



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|---------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|---|--------|
| 9:30am Completely Fit (Iuliia) | 9:30am Total Body Blast (Iuliia) | 9:30am Cardio Shape (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 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) | NTRC Fitness Centre Hours of Operation Mon-Friday 6am-10pm Sat/Sunday 7am-7pm Hours/Schedules subject to change. NTRC is closed on the following days: September 3 and October 8 | |
| 5:30pm Kangoo (Faith) | 1:00pm Gentle Fitness (Agnes) | 6:40pm Yoga Fusion (Dana) | 1:00pm Gentle Fitness (Agnes) | | | |
| 7:30pm Zumba STEP (Kyle) | 5:30pm Total Body Blast (Michelle) | 8:00pm Kangoo Bootcamp (Faith) | 5:30pm Step It Up (Michelle) | | | |
| | 6:40pm Yoga Flow (Dana) | | 6:40pm Bootcamp (Iuliia) | | | |
| | 8:00pm Bootcamp (Iuliia) | | 8:00pm Zumba (Kyle) | | | |
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TOTTENHAM (TCFC)

Updated August 30/2018

| 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 Bootcamp (Christie) | 9:00am Step it Up! (Michelle) | 9:00am Pilates (Gail) |
| 9:30am Total Body Blast (Sonia) | 10:30am Muscle & Tone (Maureen) | 8:00am TRX (Michelle) | 1:30pm Pilates (Gail) | 9:30am Circuit Training (Sonia) | 10:00 am Yoga Flow (MC) | |
| 10:30am Fit for Life (A) (Agnes) | 12:00pm Circuit Training (Michelle) | 9:30am Bootcamp (Agnes) | 5:30pm Muscle & Tone (Maureen) | 10:30am Fit for Life (A) (Agnes) | 11:00am Zumba (Joanne) *Starts October 13th | |
| 11:30am Fit for Life (B) (Agnes) | 5:30pm Spin/Pilates (Gail) | 10:30am Fit for Life (A) (Agnes) | 6:30pm (45 mins) Cycle Fit (Christie) | 11:30am Fit for Life (B) (Agnes) | | |
| 1:00pm Gentle Fitness (Agnes) | 6:30pm Cardio Shape (Joanne) | 11:30am Fit for Life (B) (Agnes) | 7:30pm Kangoo (Shannon) | 1:00pm Gentle Fitness (Agnes) | | |
| 6:15pm (45mins) Cycle Fast (Christie) | 7:30pm Kangoo (Shannon) | 1:00pm Gentle Fitness (Agnes) | | | TCFC Fitness Centre Hours of Operation Mon-Friday 6am-10pm Sat/Sunday 7am-7pm Hours/Schedules subject to change. TCFC is closed on the following days: September 3 and October 8 | |
| 7:05pm Bootcamp (Christie) | | 4:30pm Bootcamp (Michelle) | | | | |
| 8:05pm Hatha Yoga-MC | | 6:00pm Step it Up (Michelle) | | | | |
| | | 7:00pm TRX (Agnes) | | | | |
| | | 8:00pm Yoga Flow (MC) | | | | |
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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.

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| Body Pump | Various equipment is utilized to isolate and tone all major muscle groups, including core. |
| Bootcamp | Get fit with this full body, muscle & cardio style boot camp! HIIT training, intervals, body weight exercises, cardiovascular drills and much more! |
| Cardio Kickbox | Punch and kick your way to a healthy heart using some kickboxing and traditional aerobic moves! |
| Cardio Shape | A fun cardio and weight class that can be modified for all fitness levels. Learn how to use a variety of equipment to tone and shape your body. |
| Circuit Training | Fitness equipment is setup into stations to create an aerobic and resistance training circuit. Designed to target strength and cardiovascular fitness. |
| Completely Fit | Utilize a variety of equipment for an interval class that combines resistance training exercises with cardiovascular intervals for a complete workout. |
| Cycle Fast (45 min) Cycle Fit (60 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. "Fit for Life" is recommended for those who may have mobility/balance issues. |
| Gentle Fitness (Older Adult Class) | A workout designed for people with mobility issues. Most exercises are done sitting in a chair or using the chair for balance. |
| 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. The Boot rental is \$5.00 per class while supplies last. You must arrive at least 10 min early to class for boot rentals. |
| 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. |
| Step it UP! | A cardiovascular step workout with a toning component using various equipment. |
| Spin/Pilates | Spin it up, cool it down with Pilates A great class to achieve cardio, strength and stretching. |
| Total Body Blast | Total Body Blast will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training. |
| TRX Suspension Trainer | Best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. It creates a new challenge for all fitness levels and delivers results fast. |
| 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 Flow | Yoga Flow is a vinyasa style yoga class. 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. |
| 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. |
| Zumba/Zumba- STEP | Party to this high energy Latin dance-based class and enjoy some great music along the way! |
| Maximum class participant numbers are set based on equipment availability, safety & industry standards. | ALL Fitness classes have a maximum of 20 participants with the following expectations; Cycle Fit/Spin – 16 max NTRC (Alliston) Fit for Life – 15 max TCFC (Tottenham) Yoga – 30 max TCFC (Tottenham) TRX – 15 max |
| CLASS Legend | Cardio with Resistance |
| | Cardio High Energy |
| | Resistance Only |
| | Older Adult Fitness |
| | Meditation/ Stretch/ Strengthen |
| | TRX Suspension Trainer |

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 or Email: recreation@newtecumseth.ca **Please Note: Fitness Centre hours subject to change.** Classes may be cancelled at any time due to unforeseen circumstances. **Fitness classes & orientations are not scheduled on holiday long weekends.**