



Group Fitness Fall Schedule (October 1 to October 31, 2021)

New Tecumseth Recreation Center—Alliston (NTRC)				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30am–18170 Completely Fit (Luliia)	9:30am–18174 Total Body Blast (Luliia)	9:30am–18178 10:45am– 18312 Yin Mobility Yoga (Dana)	9:30am–18170 Completely Fit (Luliia)	9:30am–18174 Total Body Blast (Luliia)
10:45am– 18171 Kundalini Dance Yoga (Dana)	10:45 am– 18175 Fit for Life (Agnes)	5:30pm–18179 Step Circuit (Maureen)	10:45am–18175 Fit for Life (Agnes)	10:45am– 18182 Hatha Yoga (Dana)
12:00 pm—18172 Yin Mobility Yoga (Dana)	12:00 pm– 18176 Gentle Fitness (Agnes)	6:45pm– 18180 Kundalini Dance Yoga (Dana)	12:00 pm—18176 Gentle Fitness (Agnes) *No Class Oct. 7*	
7:30pm– 18173 Zumba STEP (Kyle)	5:30 pm– 18177 HIIT (Lulia)		5:30 pm– 18177 HIIT (Lulia)	
			8:00pm– 18181 Zumba (Kyle)	

Exclusion Dates:
 Thursday October 7, 2021–
 Gentle Fitness only
 Monday October 11, 2021 due
 to Thanksgiving.
 Monday October 25, 2021
 morning classes (9:30 am to
 12:00 pm)

For the most up-to-date closures and cancellations please visit www.newtecumseth.ca or sign up for the email notification

PLEASE NOTE

These classes are subject to change and may be cancelled at any time.

All classes are 55 minutes in length unless noted.

Please respect all COVID related procedures when visiting the facility and participating in the class.

Mask must be worn in the facility, however can be removed when you are physically exerting yourself, while ensuring you are maintaining 3 metres of space from others.

All participants need to be fully vaccinated (two doses plus 14 days) and provide their proof of vaccination along with Government Issued ID to access Town facilities.

All participants must check in with staff before being granted admittance to the specific room.

We recommend that you arrive dressed for your activity, except for your indoor footwear.

Use of your own equipment is encouraged. Some items will be available during the class.

Staff will sanitize equipment after each class.

24 hour notice is required to cancel a class if unable to attend. TO PARTICIPATE IN THESE CLASSES PLEASE RESERVE YOUR SPOT IN ADVANCE! <https://www.newtecumseth.ca/en/parks-recreation-and-culture/program-registration.aspx>

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For more information please contact our **Customer Service Team**
 705-435-3900 ext. 1500/1621 or recreation @newtecumseth.ca
Customer Service Hours - TCFC/NTRC 7 days a week 6:00am - 11:00pm

Fitness Class Description	*Participants 14 years+ are welcome to attend
Completely Fit	This interval class that combines resistance training with cardiovascular intervals with provide you with a total body workout.
Fit for Life (Older Adult Fitness)	Designed to increase flexibility, joint stability, balance, coordination, agility and mobility. This class is s recommended for those who may have mobility/balance issues.
Gentle Fitness (Older Adult Fitness)	A workout designed for people with mobility issues. Most exercises are done sitting in a chair or using the chair for balance.
HIIT	This High-Intensity Interval Training (HIIT) workout combines short bursts of intense exercise with periods of rest or lower-intensity exercise. A mix of aerobic and resistance training.
Total Body Blast	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
Zumba & Zumba Step	Party to this high energy Latin dance-based class and enjoy some great music along the way! Zumba Step includes use of a step to add a different challenge to the party.
Muscle and Tone	This muscle conditioning class which develops body awareness to help improve technique, core strength and overall health. A variety of equipment is utilized
Hatha Yoga	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 Dance Yoga	Kundalini Dance Yoga consists of simple yogic techniques that can be enjoyed by everyone, regardless of level. A great cardio workout.
Yin Mobility Yoga	Yin Yoga is the practice of long held passive postures designed to target the joints, bones and connective tissue.