

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

Tottenham Community and Fitness Centre - Tottenham (TCFC)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am–18197 TRX Combo (Michelle) Studio	8:45am–18315 Step (Michelle) *30 Minute Class* Studio	6:30am– 18209 Spin (Christie) Studio	9:15 am– 18198 HIIT (Michelle) Studio	9:15 am– 18190 Circuit Training (Sonia) Studio	9:00am– 18196 Step (Michelle) Studio
9:15am– 18198 HIIT (Sonia) Studio	9:15am–18203 Step (Michelle) Studio	8:00am– 18197 TRX Combo (Michelle) Studio	10:30am– 18213 TRX Combo (Michelle) Studio	9:30am– 18191 Restorative Yoga (MC) MP2	9:00am– 18195 Yoga Flow (MC) MP2
10:30am– 18192 11:45 am– 18193 Fit for Life (Agnes) Studio	10:30am– 18204 Stability Ball (Maureen) Studio	9:15 am– 18210 Bootcamp (Agnes) Gymnasium	5:30pm –18214 TRX Tone (Maureen) Studio	10:30am– 18192 11:45 am– 18193 Fit for Life (Agnes) Studio	
1:00 pm– 18194 Gentle Fitness (Agnes) Studio	5:00 pm– 18205 Zumba (Joanne) Studio	10:30am– 18192 11:45 am– 18193 Fit for Life (Agnes) Studio	7:30pm– 18208 Kangoo (Shannon) Studio	1:00pm– 18194 Gentle Fitness (Agnes) Studio	
6:00pm– 18199 Boot Camp (Christie) Studio	6:00 pm– 18206 Body Barre (Dana) MP2	1:00pm– 18194 Gentle Fitness (Agnes) Studio	<p style="text-align: center;"><u>PLEASE NOTE</u></p> <p>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. All participants need to be fully vaccinated (two doses <u>plus</u> 14 days) and provide their proof of vaccination along with Government Issued ID to access Town facilities. Hand sanitizing stations to be used as you enter the facility. 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 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.</p> <p>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</p>		
6:00pm– 18201 7:15pm– 18202 Yoga (MC) MP2	6:15 pm– 18207 Cardio Shape (Joanne) Studio	5:00 pm– 18205 Zumba (Joanne) *45 Minute Class* Studio			
7:15pm– 18200 Spin (Christie) Studio	7:30pm– 18208 Kangoo (Shannon) Studio	6:00 pm– 18211 Fitness Restart (Agnes) Studio			
		6:00pm– 18201 7:15pm– 18202 Yoga (MC) MP2			
		7:15 pm– 18212 TRX Combo (Agnes) Studio			

Fitness Centre Hours - TCFC
 7 Days a Week—6am to 10pm
 Exclusion Dates: Monday
 October 11, 2021 due to
 Thanksgiving

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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**

Boot Camp	Get fit with this full body, muscle & cardio style boot camp! HIIT training, intervals, body weight exercises, cardiovascular drills and much more!
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.
Fit for Life (Older Adult Fitness)	Designed to increase flexibility, joint stability, balance, coordination, agility and mobility. This class is recommended for those who may have mobility/balance issues.
Fitness Restart	This program is designed for people challenged by mobility or other health issues as a way to return to a more active lifestyle. Most of the exercises will be done sitting in a chair, or using a chair for balance.
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 cardiovascular exercise with periods of rest or lower-intensity exercise. A mix of aerobic and resistance training utilizing Interval and circuit training practices.
Kangoo	Kangoo classes use "Kangoo Jump" boots. These classes 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 high impact exercise. Boot rentals are currently available.
Spin	Cycle your way to a healthier you. Go at your own pace or use the energy of the group to increase your endurance.
Step	A cardiovascular step workout with a toning component using various equipment.
Yoga Flow	Get ready to strengthen, stretch, tone and relax. This uplifting and energetic practice is designed to build strength and flexibility. Please bring a yoga mat.
Zumba	Party to this high energy Latin dance-based class and enjoy some great music along the way!
Restorative Yoga	In this practice poses can be held longer than usual, with or without the aids of props. It will help calm anxiety and stress and also assist with relieving everyday aches and pains. Please bring a yoga mat.
TRX Combo	Using a combination of the TRX suspension system and bodyweight movements, this program is adaptable to all fitness levels.
Body Barre	Inspired by elements of ballet, yoga, and Pilates, Body Barre focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.
TRX Tone	This muscle conditioning class which develops body awareness to help improve technique, core strength, and overall health. TRX suspension equipment will be utilized for this class
Stability Ball	Using a stability ball, this program targets your core strength, balance and coordination.