

# Group Fitness Winter Schedule (January 6 to March 31, 2020)

New Tecumseth Recreation Centre - Alliston (NTRC)				
Monday	Tuesday	Wednesday	Thursday	Friday
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)
10:40am Kundalini Yoga (Dana)	10:35am Fit for Life Agnes)	12:00pm Yin Yoga (Dana)	10:35am Fit for Life (Agnes)	10:40am Hatha Yoga (Dana)
11:45am Yin Yoga (Dana)	11:45am Gentle Fitness (Agnes)	5:30pm Muscle & Tone (Maureen)	11:45am Gentle Fitness (Agnes)	5:30pm Kangoo Bootcamp (Faith)
5:30pm Kangoo (Faith)	5:30pm Total Body Blast (Michelle)	6:40pm Kundalini Yoga (Dana)	5:30pm Bootcamp (Iuliia)	
7:30pm Zumba STEP (Kyle)	6:40pm Yoga Flow (Dana)	8:00pm Kangoo Bootcamp (Faith)	8:00pm Zumba (Kyle)	
	8:00pm Bootcamp (Iuliia)			



**NTRC Fitness Centre Hours of Operation**  
 Monday - Friday 6:00am - 10:00pm  
 Saturday/Sunday 7:00am - 7:00pm  
  
 NTRC will be closed on Monday, February 17th

Tottenham Community and Fitness Centre - Tottenham (TCFC)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am TRX (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/Michelle)	10:00am Yoga Flow (MC)	
10:30am Fit for Life (A) (Agnes)	12:00pm (45 mins) Express Fitness (Michelle)	9:30am Functional Fitness (Agnes)	5:30pm Muscle & Tone (Maureen)	10:30am Fit for Life (A) (Agnes)	11:00am Zumba (Joanne)	
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)		
5:00pm Kangoo (Shannon)	7:30pm Kangoo (Shannon)	1:00pm Gentle Fitness (Agnes)				
6:15pm (45mins) Cycle Fast (Christie)		4:30pm Functional Fitness (Michelle)				
7:05pm Bootcamp (Christie)		6:00pm Step it Up (Michelle)				
8:05pm Hatha Yoga (MC)		7:00pm TRX (Agnes)				
		8:00pm Yoga Flow (MC)				

**TCFC Fitness Centre Hours of Operation**  
 Monday - Friday 6:00am - 10:00pm  
 Saturday/Sunday 7:00am - 7:00pm

For more Information on any of our recreation services please contact Customer Service:  
 705-435-4030 Ext.1500 or 1621 or  
 Email: recreation@newtecumseth.ca  
**Please Note:** Fitness Centre hours and classes are subject to change and may be cancelled at any time.  
**Fitness Classes & Orientations are not available during long weekends - Sat/Sun or Holiday Monday.**

# Group Fitness Winter Schedule (January 6 to March 31, 2020)

## FITNESS CLASS DESCRIPTIONS:

All classes are 55 minutes in length, unless otherwise indicated. Please vacate the fitness studio promptly after class to allow the next participants to enter.

Muscle & Tone	Join this muscle conditioning class which develops body awareness to help improve technique, core strength, and overall health. A variety of equipment will be utilized.
TRX Suspension Trainer	The workout system leverages gravity and your body weight to perform hundreds of exercises. It creates a new challenge for all fitness levels and delivers results fast.
Bootcamp	Get fit with this full body, muscle & cardio style boot camp! HIIT training, intervals, body weight exercises, cardiovascular drills and much more!
Express Fitness	The workout will get your heart pumping and you will feel the burn in a 45 minute class. Enough time to get back to work for the afternoon.
Cycle Fit (45 or 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.
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>
Zumba/Zumba- STEP	Party to this high energy Latin dance-based class and enjoy some great music along the way!
Functional Fitness	Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities
Pilates	Lengthen, tone, and build strength in your whole body with Pilates.
Spin/Pilates	Spin it up, cool it down with Pilates A great class to achieve cardio, strength and stretching.
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.
Fit For Life A and B	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	A workout designed for people with mobility issues. Most exercises are done sitting in a chair or using the chair for balance.
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.
Step it UP!	A cardiovascular step workout with a toning component using various equipment.
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.

**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**

Maximum class participant numbers are set based on equipment availability, safety & industry standards.

Class Legend	Strength and Resistance	TRX Suspension Training	Cardio High Energy	Meditation, Stretching and Strengthening	Older Adult Fitness	Cardio with Resistance
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