

Group Fitness Spring Schedule (May 1st – June 30th) - NTRC

PLEASE NOTE: There will be no classes on Monday, May 23rd (Victoria Day).

There will be no classes on June 1st - 3rd and June 15th - 16th.



Updated April 28th, 2022

New Tecumseth Recreation Centre - Alliston (NTRC)				
Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am – 22132 Completely Fit (Luliia)	8:30 am – 22164 Bootcamp (Agnes) *Fieldhouse*			8:30 am – 22177 Bootcamp (Luliia) *45 min. Class*
9:30 am – 22133 Completely Fit (Luliia)	9:30 am – 22165 Total Body Blast (Luliia)	9:30 am – 22170 Yin Mobility Yoga (Dana)	9:30 am – 22133 Completely Fit (Luliia)	9:30 am – 22165 Total Body Blast (Luliia)
10:45 am – 22135 Kundalini Dance Yoga (Dana)	10:45 am – 22166 Fit for Life (Agnes)	10:45 am – 222172 Yin Mobility Yoga (Dana)	10:45 am – 22166 Fit for Life (Agnes)	10:45 am – 22178 Hatha Yoga (Dana)
12:00 pm – 22136 Yin Mobility Yoga (Dana)	11:45 am – 22168 Fit for Life (Agnes)		11:45 am – 22168 Fit for Life (Agnes)	
	1:00 pm – 22200 Gentle Fitness (Agnes)		1:00 pm – 22200 Gentle Fitness (Agnes)	
	5:30 pm – 22169 HIIT (Luliia)	5:30 pm – 22174 Muscle and Tone (Maureen)	5:30 pm – 22169 HIIT (Luliia)	
7:30 pm – 22137 Zumba STEP (Kyle) Zumba (June 6 & 13 with Joanne)		6:45 pm – 22175 Kundalini Dance Yoga (Dana)	8:00 pm - 22176 Zumba (Kyle) Canc. May 5th No classes in June	

Fitness Centre

Hours of Operation

Alliston location:

Monday - Sunday

6:00 am - 10:00 pm

TO PARTICIPATE IN THESE CLASSES PLEASE RESERVE YOUR SPOT IN ADVANCE!

<https://www.newtecumseth.ca/en/parks-recreation-and-culture/program-registration.aspx>

Participants 14 years+ are welcome to attend.

- To ensure everyone's enjoyment when visiting our facilities, specific cleaning and safety protocols have been put into place.
- All participants must check in with staff before being granted admittance to the specific room.
- All classes are subject to change and may be cancelled at any time.
- All classes are 55 minutes in length, unless otherwise stated.
- 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.
- In consideration of others, please provide as much notice as possible if you are unable to attend a class.

Please contact our Customer Service Team to CANCEL your reservation

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

For more information please contact our **Customer Service Team:**
by phone at 705-435-3900 option 2 or by emailing recreation@newtecumseth.ca
Customer Service Hours - TCFC and NTRC, 7 days a week, 6:00 am - 11:00 pm

Fitness Class Descriptions

Bootcamp	Get fit with this full body, muscle & cardio style bootcamp! HIIT training, intervals, bodyweight exercises, cardiovascular drills and much more!
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.
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.
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.
Kundalini Dance Yoga	Kundalini Dance Yoga consists of simple yogic techniques that can be enjoyed by everyone, regardless of level. A great cardio workout.
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 including steps.
Total Body Blast	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
Yin Mobility 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! Zumba Step includes use of a step to add a different challenge to the party.