

# SPRING Fitness Schedule - TCFC

April 1 to June 30, 2024 **\*\* Facilities are CLOSED Monday May 20**



Schedule subject to change. Stay up to date at [www.newtecumseth.ca](http://www.newtecumseth.ca)

Updated March 15, 2024

## Group Fitness Classes - TCFC - TOTTENHAM LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30 am <b>Spin</b> (Christie)				
8:00 am <b>Workout of the Day</b> (Michelle)	8:30 am <b>Beginner Step</b> (Michelle) <i>*30 minute class</i>	8:00 am <b>TRX</b> (Michelle)	8:00 am <b>Spin</b> (Maureen)	9:15 am <b>Circuit Training</b> (Sonia)	8:00 am <b>Circuit Training</b> (Agnes)	9:00 am <b>*Workout of the Day</b> (TBD)
9:15 am <b>HIIT</b> (Sonia)	9:00 am <b>Step</b> (Michelle)	9:00 am <b>Total Body Blast</b> (Michelle)	9:00 am <b>HIIT</b> (Michelle)	9:15 am <b>Gentle Yoga</b> (MC) <i>*In MP2</i>	9:00 am <b>TRX</b> (Agnes)	<i>* This class is lead by the Fitness Monitor that is in that day - the schedule rotates from one week to the next.</i>
10:30 am <b>Fit for Life</b> (Agnes)	10:00 am <b>TRX Combo</b> (Michelle)	9:00 am <b>**Fitness Fun with Agnes</b> <i>*In Gymnasium</i>	10:00 am <b>Stability Ball</b> (Maureen)	10:30 am <b>Fit for Life</b> (Agnes)	9:00 am <b>Vinyasa Yoga</b> (MC) <i>*In MP2</i>	
11:30 am <b>Fit for Life</b> (Agnes)	11:00 am <b>Zumba Gold</b> (Alba)	10:30 am 11:30 am <b>Fit for Life</b> (Agnes)	11:00 am <b>Zumba Gold</b> (Alba)	11:30 am <b>Fit for Life</b> (Agnes)	10:15 am <b>Zumba</b> (Alba)	
12:30 pm <b>Gentle Fitness</b> (Agnes)	12:00 pm <b>Lunch Time Workout</b> (Michelle)	12:30 pm <b>Gentle Fitness</b> (Agnes)	12:00 pm <b>Lunch Time Workout</b> (Michelle)	12:30 pm <b>Gentle Fitness</b> (Agnes)		
5:00 pm <b>Total Body Blast</b> (Michelle)	5:00 pm <b>Circuit Training</b> (Luliia)	<b>NEW*</b> 1:30 pm <b>Zumba</b> (Joanne)	5:00 pm <b>TRX</b> (Maureen)	5:30 pm <b>Spin</b> (Maureen)		<i>**Starting Wednesday June 5th, the 9am Fitness Fun with Agnes class will be outdoors at the Tottenham Conservation Area, Anderson Pavilion (by the pond)</i>
6:00 pm <b>Boot Camp</b> (Christie)	6:00 pm <b>Body Barre</b> (Dana) <i>*In MP2</i>	5:30 pm <b>Circuit Training</b> (Agnes)	<b>NEW*</b> 6:00 pm <b>Cardio Shape</b> (Joanne)			
6:30 pm <b>Hatha Yoga</b> (MC) <i>*In MP2</i>	6:00 pm <b>Cardio Shape</b> (Joanne)	6:30 pm <b>TRX</b> (Agnes)				
7:00 pm <b>Spin</b> (Christie)	7:15 pm <b>Yoga Fusion</b> (MC) <i>*In MP2</i>	6:30 pm <b>Yoga Flow</b> (MC) <i>*In MP2</i>				
8:00 pm <b>Kangoo</b> (Shannon)		7:30 pm <b>Kangoo</b> (Shannon)				

## Fitness Centre Information - 139 Queen St. N. Tottenham

Fitness Centre Hours		Fitness Drop-in	1 Month Membership	6 Month Membership	Annual Membership
Monday - Friday 6:00 am - 10:00 pm	Youth/ Student 14 yrs+/ Older Adult 60 yrs+	\$7.75	\$56.00	\$215.00	\$328.00
	Adult 18 yrs+	\$7.75	\$70.00	\$268.00	\$410.00
Saturday & Sunday 6:00 am - 9:00 pm	20% non-resident fee applicable on all memberships. Proof of residency required. Fees subject to charge HST.				

**To participate in these classes please reserve your spot in advance!**

\*In consideration of others, please provide as much notice as possible if you are unable to attend a class. **Please contact our Client Services Team to cancel your reservation, 705- 435-3900. select option 2 or email [recreation@newtecumseth.ca](mailto:recreation@newtecumseth.ca).**

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## Fitness Class Descriptions - CLASSES ARE AT THE TOTTENHAM COMMUNITY & FITNESS CENTRE - TOTTENHAM

<b>Body Barre</b>	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.
<b>Boot Camp</b>	Get fit with this full body, muscle & cardio style boot camp! HIIT training, intervals, cardiovascular drills and more!
<b>Cardio Shape</b>	A fun cardio and weight class that can be modified for all fitness levels.
<b>Circuit Training</b>	This circuit class involves a combination of exercises, for a prescribed amount of time, that are modified for all fitness levels. The class integrates strength, endurance, coordination and cardio, targeting all muscle groups.
<b>Fit for Life (Older Adult Fitness)</b>	Designed to increase flexibility, joint stability, balance, coordination, agility and mobility. This class is recommended for those who may have mobility/balance issues.
<b>Fitness Fun</b>	This unique fitness class combines games and fitness into one challenging class. This class is in the gymnasium.
<b>Gentle Fitness (Older Adult Fitness)</b>	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.
<b>Gentle Yoga</b>	This class incorporates gentle yoga postures and movement sequences. Accompanied by breath work, meditation and/or guided relaxation. <b>Please bring a yoga mat.</b>
<b>Hatha Yoga</b>	Class emphasis on simplicity, repetition & ease of movement. Focus will be on finding alignment, developing strength & achieving greater flexibility. Breathing techniques and meditation will also be offered. <b>Please bring a yoga mat.</b>
<b>HIIT</b>	This High-Intensity Interval Training (HIIT) workout combines short bursts of cardiovascular exercise with periods of rest or lower-intensity exercise.
<b>Kangoo</b>	This is an intense cardio workout wearing special boots that help protect your joints from higher impact exercise. <b>The Boot rental is \$5.00 per class. Please arrive 10 minutes early to class for boot rentals.</b>
<b>Lunch Time Workout</b>	This express 45 minute class is perfect for a lunch hour workout during your busy day.
<b>Spin</b>	Cycle your way to a healthier you. Go at your own pace or use the energy of the group.
<b>Stability Ball</b>	Using a stability ball, this program targets your core strength, balance and coordination.
<b>Step</b>	A cardiovascular step workout with a toning component using various equipment.
<b>TRX</b>	Using a combination of the TRX suspension system and bodyweight movements.
<b>Total Body Blast</b>	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
<b>Vinyasa Yoga</b>	A creative form of yoga, where poses are linked together with your breath, in a flowing sequence. <b>Please bring a yoga mat.</b>
<b>Workout of the Day (WOD)</b>	Circuit? HITT? Cardio? Bootcamp? Every week will be a different class lead by one of our amazing fitness instructors! This class is perfect for someone wanting to try a variety of different workouts each week. Join the fun!
<b>Yoga Fusion</b>	This class combines various fitness disciplines such as Yoga, Pilates and strength training, that will help you gain strength, flexibility, balance and overall mind body health. <b>Please bring a yoga mat.</b>
<b>Yoga Flow</b>	This class will flow slowly through sun salutations and sequences of postures designed to build internal heat slowly and gently. Meditation and Pranayama (breath work) techniques will also be included. <b>Please bring a yoga mat.</b>
<b>Zumba</b>	Party to this high energy Latin dance-based class and enjoy some great music along the way!
<b>Zumba Gold</b>	A lower-intensity version of the typical Zumba class.

## Fitness Class Guidelines - All Classes are 55 minutes in length, unless otherwise stated.

- Participants 14 years+ are welcome to attend. 14 and 15 year old's must complete a Fitness Orientation to obtain a membership.
- 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.