

Spring Fitness Schedule



April 1st to June 30th

Schedule subject to change, be sure to stay up to date at www.newtecumseth.ca

Updated March 22, 2023

| Group Fitness Classes—NTRC | | | | |
|---|--|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:30 am Completely Fit (Luliia) | 8:30 am Fitness Fun with Luliia (Luliia) *Fieldhouse* | 9:30 am Yin Mobility Yoga (Dana) | 8:30 am Completely Fit (Luliia) New Class!! | 8:30 am Bootcamp (Luliia) *Fieldhouse* |
| 9:30 am Completely Fit (Luliia) | 9:30 am Total Body Blast (Luliia) | 10:45 am Yin Mobility Yoga (Dana) | 9:30 am Completely Fit (Luliia) | 9:30 am Total Body Blast (Luliia) |
| 10:45 am Kundalini Dance Yoga (Dana) | 10:30 am Fit for Life (Agnes) | 12:00 pm Lunch Break Yoga (Dana) | 10:30 am Fit for Life (Agnes) | 10:45 am Hatha Yoga (Dana) |
| 12:00 pm Yin Mobility Yoga (Dana) | 11:30 am Fit for Life (Agnes) | 5:30 pm Muscle and Tone (Maureen) | 11:30 am Fit for Life (Agnes) | |
| 5:30 pm HIIT (Luliia) | 12:30 pm Gentle Fitness (Agnes) | 6:45 pm Kundalini Dance Yoga (Dana) | 12:30 pm Gentle Fitness (Agnes) | |
| 7:30 pm Zumba STEP (Kyle) | 7:30 pm Kangoo (Amanda) New Class!! | 8:00 pm Zumba (Alba) New Class!! | 5:30 pm HIIT (Luliia) | |
| | | | 7:00 pm Yoga (Ginny) New Class!! | |
| | | | 8:00 pm Zumba (Kyle) | |

| Fitness Centre Information | | | | | |
|---|--|-----------------|--------------------|--------------------|-------------------|
| Fitness Centre Hours | | Fitness Drop-in | 1 Month Membership | 6 Month Membership | Annual Membership |
| Monday—Sunday 6:00 am—10:00 pm | Youth/ Student 14 yrs+/ Older Adult 60 yrs+ | \$7.50 | \$63.00 | \$206.00 | \$314.00 |
| | Adult 18 yrs+ | \$7.50 | \$80.00 | \$257.00 | \$393.00 |
| 20% non-resident fee applicable on all memberships. Proof of residency required. Fees subject to change. HST where applicable. | | | | | |

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

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

*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

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Fitness Class Descriptions

| | |
|---|---|
| Bootcamp *45 minute class | 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. |
| Fitness Fun with Iuliia *45 minute class | This unique fitness class combines games and fitness into one challenging class. This class will have you sweating, smiling and having fun! |
| 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. |
| Kangoo | This is an intense cardio workout wearing special boots that help protect your joints from higher impact exercise. The Boot rental is \$5.00 per class. Please arrive 10 minutes early to class for boot rentals. |
| 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. |

Fitness Class Guidelines:

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