

# Spring Fitness Schedule

April 1st to June 30th

Schedule subject to change, be sure to stay up to date at [www.newtecumseth.ca](http://www.newtecumseth.ca)

Updated April 6, 2023

Group Fitness Classes—TCFC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am <b>Kick &amp; Abs</b> (Michelle)	8:00 am <b>Beginner Step</b> (Michelle) <i>*New Time</i>	6:30 am <b>Spin</b> (Christie)	8:00 am <b>Spin</b> (Maureen) <i>*New Time</i>	9:15 am <b>Circuit Training</b> (Sonia)	8:00 am <b>Circuit Training</b> (Agnes)
9:15 am <b>HIIT</b> (Sonia)	9:00 am <b>Step</b> (Michelle) <i>*New Time</i>	8:00 am <b>TRX Combo</b> (Michelle)	9:00 am <b>HIIT</b> (Michelle) <i>*New Time</i>	9:15 am <b>Gentle Yoga</b> (MC) <b>MP2</b>	9:00 am <b>Step</b> (Michelle)
10:30 am 11:30 am <b>Fit for Life</b> (Agnes)	10:00 am <b>TRX Combo</b> (Michelle) <i>*New Time</i>	9:15 am <b>Fitness Fun with</b> Agnes Gymnasium	10:00 am <b>Stability Ball</b> (Maureen) <i>*New Time</i>	10:30 am 11:30 am <b>Fit for Life</b> (Agnes)	9:00 am <b>Yoga</b> (MC) <b>MP2</b>
12:30 pm <b>Gentle Fitness</b> (Agnes)	11:00 am <b>Zumba Gold</b> (Alba) <i>New Class!!</i>	10:30 am 11:30 am <b>Fit for Life</b> (Agnes)	11:00 am <b>Zumba Gold</b> (Alba) <i>New Class!!</i>	12:30 pm <b>Gentle Fitness</b> (Agnes)	10:15 am <b>Zumba</b> (Alba) <i>*New Time Starting April 15</i>
4:30 pm <b>Total Body Blast</b> (Michelle)	12:00 pm <b>Short Circuit</b> (Michelle)	12:30 pm <b>Gentle Fitness</b> (Agnes)	12:00 pm <b>Short Circuit</b> (Michelle)	5:30 pm <b>Spin</b> (Maureen)	
6:00 pm <b>Boot Camp</b> (Christie)	5:00 pm <b>Total Body Blast</b> (Luliiia)	5:30 pm <b>Circuit Training</b> (Agnes)	5:00 pm <b>TRX Tone</b> (Maureen) <i>*New Time</i>		
6:30 pm <b>Hatha Flow Yoga</b> (MC) <b>MP2</b>	6:00 pm <b>Body Barre</b> (Dana) <b>MP2</b>	6:30 pm <b>Yoga Flow</b> (MC) <b>MP2</b>	6:00 pm <b>Zumba</b> (Joanne) <i>*New Time</i>		
7:00 pm <b>Spin</b> (Christie) <i>*New Time</i>	6:00 pm <b>Cardio Shape</b> (Joanne)	6:30 pm <b>TRX</b> (Agnes)	7:00 pm <b>Cardio Shape</b> (Joanne) <i>*New Time</i>		
7:30 pm <b>Yoga</b> (Ginny) <b>MP2</b> <i>New Class!!</i>	7:15 pm <b>Yoga Fusion</b> (MC) <b>MP2</b>	7:30 pm <b>Kangoo</b> (Shannon)	8:00 pm <b>Zumba</b> (Alba) <i>New Class!!</i>		
8:00 pm <b>Kangoo</b> (Shannon) <i>*New Time</i>	8:00 pm <b>Kangoo</b> (Shannon) <i>New Class!! * Starts April 25</i>				

## 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.					

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## Fitness Class Descriptions

<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> <b>*Short Circuit 45 mins</b>	The 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</b> <b>(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 with Agnes</b>	This unique fitness class combines games and fitness into one challenging class.
<b>Gentle Fitness</b> <b>(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/Flow Yoga</b>	This class will have an emphasis on simplicity, repetition and ease of movement. The focus will be on finding alignment, developing strength and 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>Kick &amp; Abs</b>	Kick, punch, bob and weave your way in this this high intensity ab workout.
<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>Yoga Flow</b>	This class incorporates energetic movement through a series of asanas (yoga postures) designed to build strength and flexibility while leaving the participant feeling alert and aware. <b>Please bring a yoga mat.</b>
<b>TRX</b>	Using a combination of the TRX suspension system and bodyweight movements.
<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> <b>*New Class</b>	A lower-intensity version of the typical Zumba class.
<b>Yoga Fusion</b>	Come and experience a class where a variety of yoga traditions may be offered. <b>Please bring a yoga mat.</b>

## 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.