

WINTER Fitness Schedule - AMA



January 8 - March 31, 2024 ** Facilities are CLOSED March 29 & 31

Schedule subject to change. Stay up to date at www.newtecumseth.ca

Updated January 8, 2024

Group Fitness Classes - AMA - ALLISTON LOCATION				
Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am Circuit Training (Luliia)	8:30 am Fitness Fun with Iuliia (Luliia)		8:30 am Circuit Training (Luliia)	8:30 am Bootcamp (Luliia)
9:30 am Completely Fit (Luliia)	9:30 am Total Body Blast (Luliia)	9:30 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)	10:45 am Fit for Life (Agnes)	10:45 am Yin Mobility Yoga (Dana)	10:45 am Fit for Life (Agnes)	10:45 am Hatha Yoga (Dana)
	11:45 am Gentle Fitness (Agnes)		11:45 am Gentle Fitness (Agnes)	
12:00 pm Yin Mobility Yoga (Dana)		12:00 pm Lunch Break Yoga (Dana)		
5:30 pm Circuit Training (Luliia)	5:30 pm Yoga (Ginny)	5:30 pm Muscle and Tone (Maureen)		
		6:45 pm Kundalini Dance Yoga (Dana)	6:45 pm Yoga (Ginny)	
7:30 pm Zumba STEP (Kyle)	7:30 pm Kangoo (Amanda)			
		8:00 pm Zumba (Alba)	8:00 pm Zumba (Kyle)	

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.

****Please Note: All classes take place at the Alliston Memorial Area (AMA) upstairs in the hall.
49 Nelson St W in Alliston. Please be sure to check in with Client Services upon arrival.**

NTRC - Fitness Centre Information - 7300 Industrial Pkwy, Alliston					
Fitness Centre Hours		Fitness Drop-in	1 Month Membership	6 Month Membership	Annual Membership
Monday - Friday 6:00 am - 9:00 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
Sunday & Saturday 6:00 am - 7:00 pm	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 - THESE CLASSES ARE UPSTAIRS IN THE ALLISTON MEMORIAL ARENA - ALLISTON

Bootcamp *45 minute class	Get fit with this full body, muscle & cardio style bootcamp! HIIT training, intervals, bodyweight exercises, cardiovascular drills and much more!
Circuit Training	The class integrates strength, endurance, coordination and cardio, targeting all muscle groups.
Completely Fit	This interval class that combines resistance training with cardiovascular intervals will 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 recommended for those who may have mobility/balance issues.
Fitness Fun with Iuliia	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 yoga techniques that can be enjoyed by everyone, regardless of level. A great cardio workout.
Lunch Break Yoga	This express 45 minute yoga class is perfect for a lunch time workout during your busy day.
Muscle and Tone	This muscle conditioning class 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.
Yoga	Come and experience a class where a variety of yoga traditions may be offered. Please bring a yoga mat.
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 - 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.