

WINTER Fitness Schedule - TCFC



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

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

Updated January 8, 2023

Group Fitness Classes - TCFC - TOTTENHAM LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30 am Spin (Christie)				
8:00 am Workout of the Day (Michelle)	8:30 am Beginner Step (Michelle) <i>*30 minute class</i>	8:00 am TRX (Michelle)	8:00 am Spin (Maureen)	9:15 am Circuit Training (Sonia)	8:00 am Circuit Training (Agnes)	9:00 am *Workout of the Day (TBD)
9:15 am HIIT (Sonia)	9:00 am Step (Michelle)	9:00 am Total Body Blast (Michelle)	9:00 am HIIT (Michelle)	9:15 am Gentle Yoga (MC) <i>*In MP2</i>	9:00 am TRX (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 Fit for Life (Agnes)	10:00 am TRX Combo (Michelle)	9:00 am Fitness Fun with Agnes <i>*In Gymnasium</i>	10:00 am Stability Ball (Maureen)	10:30 am Fit for Life (Agnes)	9:00 am Yoga (MC) <i>*In MP2</i>	
11:30 am Fit for Life (Agnes)	11:00 am Zumba Gold (Alba)	10:30 am 11:30 am Fit for Life (Agnes)	11:00 am Zumba Gold (Alba)	11:30 am Fit for Life (Agnes)	10:15 am Zumba (Alba)	
12:30 pm Gentle Fitness (Agnes)	12:00 pm Lunch Time Workout (Michelle)	12:30 pm Gentle Fitness (Agnes)	12:00 pm Lunch Time Workout (Michelle)	12:30 pm Gentle Fitness (Agnes)		
5:00 pm Total Body Blast (Michelle)	5:00 pm Circuit Training (Luliia)	5:30 pm Circuit Training (Agnes)	5:00 pm TRX (Maureen)	5:30 pm Spin (Maureen)		
6:00 pm Boot Camp (Christie)	6:00 pm Body Barre (Dana) <i>*In MP2</i>	6:30 pm TRX (Agnes)	6:00 pm Zumba (Joanne)			
6:30 pm Hatha Yoga (MC) <i>*In MP2</i>	6:00 pm Cardio Shape (Joanne)	6:30 pm Yoga Flow (MC) <i>*In MP2</i>				
7:00 pm Spin (Christie)	7:15 pm Yoga Fusion (MC) <i>*In MP2</i>	7:30 pm Kangoo (Shannon)	7:00 pm Cardio Shape (Joanne)			
8:00 pm Kangoo (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
Saturday & Sunday 6:00 am - 9:00 pm	Adult 18 yrs+	\$7.75	\$70.00	\$268.00	\$410.00
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.**

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

Body Barre	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.
Boot Camp	Get fit with this full body, muscle & cardio style boot camp! HIIT training, intervals, cardiovascular drills and more!
Cardio Shape	A fun cardio and weight class that can be modified for all fitness levels.
Circuit Training	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.
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 Agnes	This unique fitness class combines games and fitness into one challenging class. This class is in the gymnasium.
Gentle Fitness (Older Adult Fitness)	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.
Gentle Yoga	This class incorporates gentle yoga postures and movement sequences. Accompanied by breath work, meditation and/or guided relaxation. Please bring a yoga mat.
Hatha Yoga	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. Please bring a yoga mat.
HIIT	This High-Intensity Interval Training (HIIT) workout combines short bursts of cardiovascular exercise with periods of rest or lower-intensity exercise.
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.
Lunch Time Workout	This express 45 minute class is perfect for a lunch hour workout during your busy day.
Spin	Cycle your way to a healthier you. Go at your own pace or use the energy of the group.
Stability Ball	Using a stability ball, this program targets your core strength, balance and coordination.
Step	A cardiovascular step workout with a toning component using various equipment.
TRX	Using a combination of the TRX suspension system and bodyweight movements.
Total Body Blast	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
Workout of the Day (WOD)	Circuit? HIT? 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!
Yoga Fusion	Come and experience a class where a variety of yoga traditions may be offered. Please bring a yoga mat.
Yoga Flow	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. Please bring a yoga mat.
Zumba	Party to this high energy Latin dance-based class and enjoy some great music along the way!
Zumba Gold	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.