

Winter Fitness Schedule

January 9th to March 31st



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

Group Fitness Classes—TCFC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am Kick it Up (Michelle)	8:45 am Beginner - Step (Michelle) *30 Minute Class	6:30 am Spin (Christie)	8:00 am Spin (Maureen)	9:15 am Circuit Training (Sonia)	8:00 am Circuit Training (Agnes)
9:15 am HIIT (Sonia)	9:15 am Step (Michelle)	8:00 am TRX Combo (Michelle)	9:15 am HIIT (Michelle)	9:15 am Gentle Yoga (MC) MP2	9:00 am Step (Michelle)
10:30 am 11:30 am Fit for Life (Agnes)	10:15 am TRX Combo (Michelle)	9:15 am Fitness Fun with Agnes Gymnasium NEW!!	10:30 am Stability Ball (Maureen)	10:30 am 11:30 am Fit for Life (Agnes)	9:00 am Yoga (MC) MP2
12:30 pm Gentle Fitness (Agnes)	12:00 pm Short Circuit (Michelle) *45 Minute Class*	10:30 am 11:30 am Fit for Life (Agnes)	12:00 pm Short Circuit (Michelle) *45 Minute Class*	12:30 pm Gentle Fitness (Agnes)	
4:30 pm Total Body Blast (Michelle)	5:00 pm Total Body Blast (Iuliia)	12:30 pm Gentle Fitness (Agnes)	5:30 pm TRX Tone (Maureen)	5:30 pm Spin (Maureen)	
6:00 pm Boot Camp (Christie)	6:00 pm Body Barre (Dana) MP2	5:30 pm Circuit Training (Agnes)	6:30 pm Zumba (Joanne) *45 Minute Class*		
6:30 pm Hatha Flow Yoga (MC) MP2	6:15 pm Cardio Shape (Joanne)	6:30 pm Yoga Flow (MC) MP2	7:30 pm Cardio Shape (Joanne)		
7:15 pm Spin (Christie)	7:15 pm Yoga Fusion (MC) MP2	6:30 pm TRX (Agnes)			
7:30 pm Kangoo (Shannon) MP2		7:30 pm Kangoo (Shannon)			

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, 705-435-4030. select option 2 or email recreation@newtecumseth.ca

Updated Jan 3, 2023

Fall Fitness Schedule

January 9th to March 31st

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



Fitness Class Descriptions

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, body weight exercises, cardiovascular drills and much more!
Cardio Shape	A fun cardio and weight class that can be modified for all fitness levels.
Circuit Training *Short Circuit 45 mins	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.
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 will have you sweating, smiling and having fun!
Gentle 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. This class will increase the awareness and mindfulness of the breath and body and support the nervous system. Please bring a yoga mat.
Hatha/Flow 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. A mix of aerobic and resistance training utilizing Interval and circuit training practices.
Kick It Up	Kick, punch, bob and weave your way in this this high intensity workout!
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 *Beginner Step 30 mins	A cardiovascular step workout with a toning component using various equipment.
Strength/Flexibility Yoga Flow	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. Please bring a yoga mat.
TRX Combo	Using a combination of the TRX suspension system and bodyweight movements, this program is adaptable to all fitness levels.
TRX Tone	This muscle conditioning class which develops body awareness to help improve technique, core strength, and overall health. TRX suspension equipment will be utilized for this class
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!
Yoga Fusion	Come and experience a class where a variety of yoga traditions may be offered. Please bring a yoga mat.