

# Group Fitness Spring Schedule (May 1st – June 30th) - TCFC



PLEASE NOTE: There are a number of cancellations within this time frame, be sure to stay up to date at [www.newtecumseth.ca](http://www.newtecumseth.ca)

Tottenham Community and Fitness Centre - Tottenham (TCFC)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30 am – 22186 <b>Spin</b> (Christie) <b>Studio</b>			8:00 am – 22197 <b>Circuit Training</b> (Agnes) <b>Studio</b>
8:00 am – 22138 <b>TRX Combo</b> (Michelle) <b>Studio</b>	8:45 am – 22179 <b>Beginner - Step</b> (Michelle) <b>*30 Minute Class*</b> <b>Studio</b>	8:00 am – 22138 <b>TRX Combo</b> (Michelle) <b>Studio</b>		9:15 am – 22195 <b>Circuit Training</b> (Sonia) <b>Studio</b>	9:00 am – 22198 <b>Step</b> (Michelle) <b>Studio</b> <b>Canc. May 21</b>
9:15 am – 22139 <b>HIIT</b> (Sonia) <b>Studio</b>	9:15 am – 22180 <b>Step</b> (Michelle) <b>Studio</b>	9:15 am – 22187 <b>Bootcamp</b> (Agnes) <b>Gymnasium</b>	9:15 am – 22139 <b>HIIT</b> (Michelle) <b>Studio</b>	9:15 am – 22196 <b>Gentle Yoga</b> (MC) <b>MP2</b>	9:00 am – 22199 <b>Strength/Flexibility</b> <b>Yoga</b> (MC) <b>MP2, Canc. May 21</b>
10:30 am – 22140 11:45 am – 22141 <b>Fit for Life</b> (Agnes) <b>Studio</b>	10:15 am – 22181 <b>TRX Combo</b> (Michelle) <b>Studio</b>	10:30 am – 22140 11:45 am – 22141 <b>Fit for Life</b> (Agnes) <b>Studio</b>	10:30 am – 22191 <b>Stability Ball</b> (Maureen) <b>Studio</b>	10:30 am – 22140 11:45 am – 22141 <b>Fit for Life</b> (Agnes) <b>Studio</b>	
1:00 pm – 22142 <b>Gentle Fitness</b> (Agnes) <b>Studio</b>		1:00 pm – 22142 <b>Gentle Fitness</b> (Agnes) <b>Studio</b>		1:00 pm – 22142 <b>Gentle Fitness</b> (Agnes) <b>Studio</b>	
6:00 pm – 22143 <b>Boot Camp</b> (Christie) <b>Studio</b>		5:30 pm – 22188 <b>Circuit Training</b> (Agnes) <b>Studio</b>	5:30 pm – 22192 <b>TRX Tone</b> (Maureen) <b>Studio</b>		
6:30 pm – 22144 <b>Hatha Flow Yoga</b> (MC) <b>MP2</b>	6:00 pm – 22183 <b>Body Barre</b> (Dana) <b>MP2</b>	6:30 pm – 22189 <b>Yoga Flow</b> (MC) <b>MP2</b>	6:30 pm – 22193 <b>Zumba</b> (Joanne) <b>*45 Minute Class*</b> <b>Studio</b>		
7:15 pm – 22145 <b>Spin</b> (Christie) <b>Studio</b>	6:15 pm – 22184 <b>Cardio Shape</b> (Joanne) <b>Studio</b>	6:30 pm – 22190 <b>TRX</b> (Agnes) <b>Studio</b>	7:30 pm – 22194 <b>Cardio Shape NEW!</b> (Joanne) <b>Studio</b>		

Updated April 28th, 2022

**Fitness Centre**  
**Hours of Operation**  
**Tottenham location:**  
**Monday - Sunday**  
**6:00 am - 10:00 pm**

Participants 14 years+ are welcome to attend

- To ensure everyone's enjoyment when visiting our facilities, specific cleaning and safety protocols have been put into place.
- All participants must check in with staff before being granted admittance to the specific room.
- All classes are subject to change and may be cancelled at any time.
- All classes are 55 minutes in length, unless otherwise stated.
- 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.
- Staff will sanitize equipment after each class.

**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 Customer Service Team to CANCEL your reservation, see reverse for contact information.**

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For more information please contact our **Customer Service Team**:  
by phone at 705-435-3900 option 2 or by emailing [recreation@newtecumseth.ca](mailto:recreation@newtecumseth.ca)  
**Customer Service Hours - TCFC and NTRC, 7 days a week, 6:00 am - 11:00 pm**

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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, body weight exercises, cardiovascular drills and much more!
<b>Cardio Shape</b>	A fun cardio and weight class that can be modified for all fitness levels. Learn how to use a variety of equipment to tone and shape your body.
<b>Circuit Training</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 (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>Gentle 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. This class will increase the awareness and mindfulness of the breath and body and support the nervous system. Please bring a yoga mat.
<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. Please bring a yoga mat.
<b>HIIT</b>	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.
<b>Spin</b>	Cycle your way to a healthier you. Go at your own pace or use the energy of the group to increase your endurance.
<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>Strength/Flexibility 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. Please bring a yoga mat.
<b>TRX Combo</b>	Using a combination of the TRX suspension system and bodyweight movements, this program is adaptable to all fitness levels.
<b>TRX Tone</b>	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
<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. Please bring a yoga mat.
<b>Zumba</b>	Party to this high energy Latin dance-based class and enjoy some great music along the way!