

Drop - In Group Fitness Classes (April 1 - 30, 2021)

For the most up-to-date closures and cancellations please visit www.newtecumseth.ca or sign up for the email

TO PARTICIPATE IN THESE CLASSES PLEASE RESERVE YOUR SPOT IN ADVANCE!

<https://www.newtecumseth.ca/en/parks-recreation-and-culture/program-registration.aspx>



New Tecumseth Recreation Centre - Alliston (NTRC) *All classes take place in the End Zone: max 10

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am (14296) 10:15am (14328) Yoga (Dana)	9:30am (14329) Completely Fit (Luliia)	9:00am (14296) 10:15am (14328) Yoga (Dana)	9:30am (14329) Completely Fit (Luliia)	9:30am (14329) Completely Fit (Luliia)
7:30pm (14367) Zumba (Kyle)	10:45am (14348) Fit for Life (Agnes)		10:45am (14348) Fit for Life (Agnes)	
			8:00pm (14368) Zumba (Kyle)	

Fitness Centre Hours - TCFC

Monday - Friday 6:00am - 10:00pm
Saturday/Sunday 7:00am - 7:00pm

Tottenham Community and Fitness Centre - Tottenham (TCFC) Gymnasium: max. 10 MP1: max. 8 MP2: max. 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am (14369) Total Body Blast (Sonia) Gymnasium	8:30am (14385) 9:45am (14386) Total Body Blast (Michelle) Gymnasium	6:30am (14453) Spin (Christie) MP1	8:30am (14385) 9:45am (14386) Total Body Blast (Michelle) Gymnasium	9:30am (14390) Yoga (MC) Gymnasium	9:00am (14450) Body Barre (Dana) MP2
10:30am (14370) Fit for Life (Agnes) Gymnasium	6:00pm (14387) Cardio Shape (Joanne) Gymnasium	8:45am (14454) 10:00am (14455) Fit for Life (Agnes) Gymnasium	6:00pm (14389) HIIT (Sonia) Gymnasium	11:00am (14391) Fit for Life (Agnes) Gymnasium	9:00am (14452) Step (Michelle) Gymnasium
6:00pm (14383) Boot Camp (Christie) MP2	7:30pm (14388) Kangoo (Shannon) MP2	11:30am (14456) Gentle Fitness (Agnes) Gymnasium	7:30pm (14388) Kangoo (Shannon) MP2		10:15am (14451) Yoga (MC) MP2
6:00pm (14371) 7:15pm (14381) Yoga (MC) Gymnasium		5:00pm (14457) Boot Camp (Luliia) Gymnasium			
7:15pm (14384) Spin (Christie) MP1		6:00pm (14371) 7:15pm (14381) Yoga (MC) Gymnasium			

PLEASE NOTE

***No classes on Friday, April 2.**

These classes are subject to change and may be cancelled at any time.

All classes are 55 minutes in length.

Classes have been relocated to allow for physical distancing.

Please respect all COVID related procedures when visiting the facility and participating in the class.

Hand sanitizing stations to be used as you enter the facility.

Mask must be worn in the facility, however can be removed when you are physically exerting yourself, while ensuring you are maintaining 3 metres of space from others.

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. Fitness change-rooms are not currently available.

Use of your own equipment is encouraged. Some items will be available during the class. Staff will sanitize equipment after each class.

24 hour notice is required to cancel a class if unable to attend.

Drop - In Group Fitness Classes (April 1 - 30, 2021)

For more information please contact our **Customer Service Team:**

705-435-3900 ext. 1500/1621 or recreation @newtecumseth.ca

Customer Service Hours - TCFC/NTRC Monday - Friday 6:00am - 11:00pm Saturday/Sunday 7:00am - 7:00pm



Fitness Class Fees *Please see Customer Service for additional membership options; Student, Youth & Older Adult

Drop-In Fitness Class	10 Visit Drop-In Fitness Pass (14 years+)	Fitness Membership for Adult 18+ (1 month) (includes unlimited fitness classes)	Fitness Membership for Adult 18+ (6 month) (includes unlimited fitness classes)	Fitness Membership for Adult 18+ (12 month) (includes unlimited fitness classes)
\$7.00	\$64.00	\$74.00	\$239.00	\$365.00

Fitness Class Description *Participants 14 years+ are welcome to attend

Body Barre	This body sculpt class combines a hybrid of sculpting and intermittent cardio. It includes elements of some of your favorite fitness styles for one total-body toning workout. Please bring a yoga mat.
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. Learn how to use a variety of equipment to tone and shape your body.
Completely Fit	This interval class that combines resistance training with cardiovascular intervals with 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.
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.
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	Kangoo classes use "Kangoo Jump" boots. These classes can be easily followed, and are suitable for all levels. This is a intense cardio workout wearing special boots that help protect your joints from high impact exercise. Boot rentals are currently not available at this time.
Spin	Cycle your way to a healthier you. Go at your own pace or use the energy of the group to increase your endurance.
Step	A cardiovascular step workout with a toning component using various equipment.
Total Body Blast	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
Yoga	Get ready to strengthen, stretch, tone and relax. Uplifting practice that increases muscle tone, improves flexibility, concentration and allows you to feel a deep relaxation. Please bring a yoga mat.
Zumba	Party to this high energy Latin dance-based class and enjoy some great music along the way!