

## Drop - In Group Fitness Classes (November 23 to December 20, 2020)

For the most up-to-date closures and cancellations please visit [www.newtecumseth.ca](http://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)				End Zone: max 10	
Monday	Tuesday	Wednesday	Thursday	Friday	
9:00am (12714) 10:15am (12528) <b>Yoga</b> (Dana) End Zone	9:30am (12106) 10:45am (12730) <b>Fit for Life</b> (Agnes) End Zone	9:00am (12715) 10:15am (12108) <b>Yoga</b> (Dana) End Zone	9:30am (12109) <b>Completely Fit</b> (Iuliiia) End Zone	9:30am (12110) <b>Completely Fit</b> (Iuliiia) End Zone	
7:30pm (12112) <b>Zumba</b> (Kyle) End Zone		1:00pm (12111) <b>Gentle Fitness</b> (Agnes) End Zone	8:00pm (12113) <b>Zumba</b> (Kyle) End Zone		

### Tottenham Community and Fitness Centre - Tottenham (TCFC) Gymnasium: max. 10 Studio: max. 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am (12095) <b>Total Body Blast</b> (Sonia) Gymnasium	8:30am (12716) <b>*STUDIO</b> 9:30am (12096) <b>Total Body Blast</b> (Michelle) Gymnasium	6:30am (12369) <b>Spin</b> (Christie) <b>* STUDIO</b>	8:30am (12728) <b>*STUDIO</b> 9:30am (12097) <b>Total Body Blast</b> (Michelle) Gymnasium	9:30am (12101) <b>Yoga</b> (MC) Gymnasium	9:00am (12372) <b>Body Barre</b> (Dana) <b>* STUDIO</b>
6:00pm (12367) <b>Boot Camp</b> (Christie) <b>* STUDIO</b>	6:00pm (12114) <b>Cardio Shape</b> (Joanne) <b>* STUDIO</b>	8:45am (12731) 10:00am (12104) <b>Fit for Life</b> (Agnes) Gymnasium	6:00pm (12370) <b>HIIT</b> (Sonia) <b>* STUDIO</b>	11:00am (12105) <b>Fit for Life</b> (Agnes) Gymnasium	10:15am (12373) <b>Yoga</b> (MC) <b>* STUDIO</b>
6:00pm (12725) 7:15pm (12102) <b>Yoga</b> (MC) Gymnasium	7:30pm (12116) <b>Kangoo</b> (Shannon) <b>* STUDIO</b>	6:00pm (12115) <b>Boot Camp</b> (Iuliiia) <b>* STUDIO</b>	7:30pm (12371) <b>Kangoo</b> (Shannon) <b>* STUDIO</b>		
7:15pm (12368) <b>Spin</b> (Christie) <b>* STUDIO</b>		6:00pm (12727) 7:15pm (12103) <b>Yoga</b> (MC) Gymnasium			



#### Customer Service - NTRC

Monday - Friday 6:00am - 10:00pm  
Saturday/Sunday 7:00am - 9:00pm

#### Customer Service - TCFC

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

#### **PLEASE NOTE**

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 2 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.

**Please Note:** All fitness classes are set at a maximum of 10 participants.

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

705-435-3900 ext. 1500/1621

recreation @newtecumseth.ca

www.newtecumseth.ca



## 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)
\$6.83	\$61.43	\$71.24	\$230.88	\$353.08

## Fitness Class Description

\*Participants 14 years+ are welcome to attend

<b>Body Barre</b>	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.
<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>Completely Fit</b>	This interval class that combines resistance training with cardiovascular intervals with provide you with a total body workout.
<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 (Older Adult Fitness)</b>	A workout designed for people with mobility issues. Most exercises are done sitting in a chair or using the chair for balance.
<b>HIIT</b>	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.
<b>Kangoo</b>	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. <b>The Boot rental is \$5.00 per class. Please arrive 10 minutes early to class for boot rentals.</b>
<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>Total Body Blast</b>	This class will challenge you with a combination of resistance and cardiovascular exercises utilizing the benefits of Interval and Circuit Training.
<b>Yoga</b>	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.
<b>Zumba</b>	Party to this high energy Latin dance-based class and enjoy some great music along the way!