



Ballroom Dancing

Strength Training

Line Dancing

Zumba Burst

Body Blast

Bootcamp

Zumba

Pilates

Yoga

Spin

Check out the great line-up of registered programs on **pages 18-19** too!

Class schedules are offered on a seasonal basis. Check out up-to-date schedules at

www.orangeville.ca

Alder Recreation Centre

**Tony Rose Memorial
Sports Centre**

Classes are held at both recreation centres.

Activity for life!

The Parks & Recreation Department offers a wide variety of fitness class options. No need to register in advance. Classes are offered on a drop-in basis or purchase a pass for convenient regular participation.

Benefits of Passes:

- convenient
- includes all drop-in fitness classes
- passes valid at both Alder Recreation Centre and Tony Rose Memorial Sports Centre
- aquatics and fitness passes available

Passes are available in 3, 6 or 12-month options, as well as a “Get Active” 10-visit pass.

Alder Recreation Centre

275 Alder Street

Tony Rose Memorial Sports Centre

6 Northmen Way

519-940-9092
www.orangeville.ca

See pages 22-23
for more information