



# Spring 2017 Fitness Schedule

## April 28 to June 24, 2017

Classes held at Alder Recreation Centre  
and Tony Rose Memorial Sports Centre



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Body Circuit 9:15am-10 am <b>Tony Rose</b>	Cardio Core 9-10 am <b>Alder</b>	Co-ed Spin 9:15-10 am <b>Alder</b>	Weights & Plates 9-10 am <b>Alder</b>	Let's Play Ball 9-10 am <b>Alder</b>	
				Stretch & Roll 9:15-10 am <b>Tony Rose</b>	
Stretching & Restorative Yoga 10:15-11 am <b>Tony Rose</b>	Therapeutic Yoga 9:30-11 am <b>Tony Rose</b>	Gentle Yoga 9:30-11 am <b>Tony Rose</b>	Meditation and Relaxation 9:45-10:45 am <b>Tony Rose</b>	Zumba® Gold 10:15-11 am <b>Tony Rose</b>	
Active 55+ Fitness 11:15 am-noon <b>Tony Rose</b>	Zumba® Gold Toning 11:15 am-noon <b>Tony Rose</b>	Active 55+ Fitness 10:15 am-noon <b>Tony Rose</b>	Line Dancing 11:15-noon <b>Tony Rose</b>	Active 55+ Strength & Balance 11:15 am-noon <b>Tony Rose</b>	55+ Yoga 11:30 am-1 pm <b>Alder</b>
		Parent & Baby/Toddler Yoga 11:15-noon <b>Tony Rose</b>			
		Office & Chair Yoga 12-12:45 pm <b>Tony Rose</b>			Yoga 1-2:30 pm <b>Alder</b>
Co-ed Spin/Circuit 5:15-6:15 pm <b>Alder</b>	Co-ed Spin 5:15-6 pm <b>Alder</b>	T & T Tummy & Thighs 5:15-6 pm <b>Alder</b>			
Bootcamp 6:30-7:15 pm <b>Alder</b>	Kickboxing 6:05-7:05 pm <b>Alder</b>	Have-A-Ball 6-6:45 pm <b>Alder</b>	Bootcamp 5:40-6:25 pm <b>Alder</b>		<b>Fees</b>  <b>Adult Fitness</b> 90 min \$10.75 60 min \$8.75 45 min \$6.75 30 min \$4.75  <b>Youth/Senior Fitness</b> 90 min \$8.75 60 min \$7.00 45 min \$5.75 30 min \$3.75
Pilates 6:15-6:45 pm <b>Tony Rose</b>		Kickboxing 6-7 pm <b>Tony Rose</b>			
Strength Training 6:45-7:15 pm <b>Tony Rose</b>	Zumba® Toning 7:15 - 8:15 pm <b>Alder</b>	Bodyfit 6:50-7:50 pm <b>Alder</b>	Yoga 6:30-8 pm <b>Alder</b>		
			Zumba® 8:15-9:15 pm <b>Alder</b>		

### **Active 55+ Fitness**

A 45-minute exercise class. You will enjoy music, walking and stretching while holding light weights (optional). You can sit in a chair while you exercise, or walk in a circle to keep the body moving. All exercises are accommodated to your needs.

### **Body Circuit**

This is a non-choreographed, athletic circuit training class. Cardio intervals are combined with stations for agility, strength and endurance. We use lots of equipment— let's call them 'toys' – to keep things fun and interesting!

### **Bootcamp**

A powerful, fun and effective total body workout! This fantastic combination of traditional body Weight exercises with cardio interval training and strength training will burn serious calories and get you bathing suit ready in no time!

### **Co-ed Spin and Co-ed Spin/Circuit**

A fun and exciting traditional spin class with a twist. This class builds your aerobic endurance all while improving your cardiovascular health. Combined, circuit training and spinning make this a very effective total body workout and great for time management. All levels welcome

### **Chair / Office Yoga**

Let your movements flow while you learn yoga poses all while being seated. This class will allow you to gain better posture, balance and body awareness.

### **Have-A-Ball**

Take your workout into a new sphere using all manner of round fitness equipment (medicine balls, BOSU and stability balls) to target the body's cardiovascular, muscular and stability systems. You'll get a well-rounded workout, and have a ball doing it!

### **Kickboxing**

Gain muscle, burn fat and lose weight all in one class! Burn up to 800 calories by learning the basics of kickboxing and self-defense. Combining cardio, strength and conditioning makes this class a great change in your fitness routine.

### **Let's Play Ball**

Play and exercise with medicine balls, stability balls and BOSU to target your body's cardiovascular, muscular and stability systems.

### **Line Dancing**

This class will focus on popular dances and will introduce many of the basic moves necessary for Line Dancing.

### **Line Dancing Social**

Come out and join us one Friday of the month for a night of fun and excitement. While we line dance the night away with light refreshments.

### **Pilates**

Pilates is an exercise system focusing on building core strength and improving flexibility. The outcome of this class combinations is balanced body condition.

### **Strength Training**

Strength training promotes healthier hearts, improves endurance, and exercise recovery. Those few stubborn pounds to lose may be lost as well.

### **Stretching/Restorative Yoga**

Join a gentle stretching class for all ages. This class will give you a feeling of increased muscle control, flexibility and range of motion. This class also includes important breathing techniques, ending with deep relaxation.

### **Stretch & Roll**

A low-impact class targeted to anyone with chronic muscle pain and/or those who want to improve range of motion, performance and flexibility as part of their workout routines/sport pursuits. A foam roller is used for self-myofascial release of all major muscle groups from head to toe.

### **T&T (Tummy & Thighs)**

Target the tummy, booty, legs and core with a variety of equipment and techniques including ballet barre work, traditional strength training and Pilates.

### **Therapeutic Yoga**

This class offers you the experience of better stability, improved mobility, and a sense of ease in your body. We follow key movement principles that support a greater understanding of better body mechanics, promoting well-being for daily living. Please bring a mat, a fleece (thick) blanket, and water.

### **Meditation and Relaxation**

Clear your mind, know your true self. Passive meditation – still the ever restless mind. Active Meditation - ability to meditate while performing daily duties. Results - Lower Blood Pressure, stronger immunity, rest the heart, 10 minutes meditation equals approx.. 2 hours of sleep.

### **Yoga**

Join this yoga program to be introduced and practice the main 12 yoga asana. Gain from the benefit of stretching your body, mind and spirit to the highest level of relaxation, peace and health. Please bring a blanket, towel or yoga matt to each class. Regular and gentle classes, all levels welcome.

### **Zumba®**

A fun dance music & movin' exercise class. Laugh, smile and work out your stress from the day!

### **Zumba® Burst**

Incorporates calorie-burning cardio burst in a high- intensity, high interval and highly effective massive calorie burn, jam packed into a Zumba® workout that will leave you bursting with joy.

### **Zumba Gold® (Active 55+)**

A fun, exhilarating, easy and effective dance-fitness program for the active older adult and the beginner participant. There is an option for participants to sit on a chair and still get great benefits by working upper and lower body by dancing to the music.

### **Zumba Gold® Toning**

A fun, exhilarating, easy and effective dance-fitness program for the active older adult and the beginner participant, all while holding light weight toning sticks. There is an option for participants to sit on a chair and still get great benefits by working upper and lower body by dancing to the music.

**\* All Classes are for ages 14 and up, unless otherwise stated.**