



Summer 2017 Fitness Schedule June 25 - Sept. 2, 2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Step Up/ Resistance Bands 9-10 am Alder	Cardio Core 9-10 am Alder	Co-ed Spin 9:15-10 am Alder	Weights & Plates 9-10 am Alder	Let's Play Ball 9-10 am Alder
				Stretch & Roll 9:15-10 am Tony Rose
Body Circuit 10:15-11 am Tony Rose		Gentle Yoga 9:30-11 am Tony Rose	Stretching & Restorative Yoga 9:45-10:45 am Tony Rose	Zumba® Gold 10:15-11 am Tony Rose
Active 55+ Fitness 11:15 am-noon Tony Rose	Zumba® Gold Toning 11:15 am-noon Tony Rose	Active 55+ Fitness 11:15 am-noon Tony Rose	Line Dancing 11:15-noon Tony Rose	Active 55+ Strength & Balance 11:15 am-noon Tony Rose
		Parent & Baby/Toddler Yoga 11:15-noon Tony Rose		

**Get your 3 or 6 month Fitness Pass for the next session.
See Customer Service for details or visit www.orangeville.ca**

Co-ed Spin 5:15-6 pm Alder	Co-ed Spin 5:15-6 pm Alder	Fusion 5:15-6 pm Alder		
Bootcamp 6:30-7:15 pm Alder	Kickboxing 6:05-7:05 pm Alder	Body Circuit 6-6:45 pm Alder	Bootcamp 5:40-6:25 pm Alder	Fees Adult Fitness 90 min \$10.75 60 min \$8.75 45 min \$6.75 30 min \$4.75 Youth/Senior Fitness 90 min \$8.75 60 min \$7.00 45 min \$5.75 30 min \$3.75
			Zumba® 8-9 pm Alder	

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.

Fusion

Fusion blends Tai-chi, Power Yoga, Pilates and a touch of Dance into a smooth mix of cardio, core and muscle training. It is gentler on joints than most workouts, while providing efficient challenge. Light hand weights, among other props, are provided. Shoes are optional, as most of the time is spent on a yoga mat.

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.

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.

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 min 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 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.