

Summer 2018 Fitness Schedule

June 30 - Sept. 2, 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Step Up/ Resistance Bands 8:30-9:30 am Alder	Cardio Core 9-10 am Alder	Spin 9:15-10 am Alder	Weights 8:30-9:30 am Alder	Let's Play Ball 8:30-9:15 am Alder
Body Circuit 9:15-10 am Tony Rose		Gentle Yoga 9:30-11 am Tony Rose	Stretching & Restorative Yoga 9:45-10:45 am Tony Rose	Spin 9:15-10 am Alder
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	Zumba 10-11 am Tony Rose	Zumba® Gold 10:15-11 am Tony Rose
			Line Dancing 11:15-noon Tony Rose	Active 55+ Strength & Balance 11:15 am-noon Tony Rose
No class on Monday, July 2 and August 6, 2018				
Step 5:15-6 pm Alder	Cardio Core 5-6 pm Alder	Fusion 5:15-6 pm Alder		Fees
Pilates 6:15-7pm Tony Rose	Spin 6:00-6:45 pm Alder New Time	Body Circuit 6:15-7 pm Alder	Alternate Weights/ Lets Play Ball 5:30-6:30 pm Alder	Adult Fitness 90 min \$11.00 60 min \$9.00 45 min \$7.00 30 min \$5.00
Bootcamp 6:45-7:30 pm Alder	Zumba® Toning 7:00 - 8:00 pm Alder	Zumba Burst® 7:15- 8 pm Alder		Youth/Senior Fitness 90 min \$9.00 60 min \$7.25 45 min \$6.00 30 min \$4.00
			Zumba® 8-9 pm Alder	Super Senior Fitness 80+ 90 min \$7.25 60 min \$5.75 45 min \$4.75 30 min \$3.25

⚠ Schedule subject to change; visit www.orangeville.ca for up-to-date fitness schedules

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!

Spin

A fun and exciting traditional spin class with a twist. This class builds your aerobic endurance all while improving your cardiovascular health. 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.

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

Resistance Band

Resistance training is a form of *exercise* that improves muscular strength and endurance. During our *resistance training workout*, you will move your limbs against *resistance* provided by *bands*. This *workout* is ideal for all levels. You will be burning fat and increasing muscle *definition*

Zumba Toning

This class is a great way to dance your way into toning your muscles. The toning sticks helps the instructor to focus on specific muscle groups and keep your muscle engaged for that added burn

Zumba Burst

This class is a high- intensity interval training dance fitness program that incorporates calorie – burning cardio burst.

Weights

This weights class is for all levels, you pick the weight. This class is working hard to increase your bone density. You do not need to have any experience with weights to attend

Cardio Core

Core-strength *exercises* strengthen your *core* muscles, including your abdominal muscles, back muscles and the muscles around the pelvis. Strong *core* muscles make it easier to do many physical activities. We will do *core*-strength *exercises* as floor work and on mats with some cardio involved. Very low impact workout with all welcomed

Step

The "*step*" is a 4-inch to 12-inch raised platform. We welcome you whether you are a beginner or a little more advanced. You will *step* up, around, and down from the platform in different patterns to boost your heart rate and breathing, and s strengthen your muscles.

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.