

Fitness

Drop-in Schedule



PROGRAM DESCRIPTIONS

ABC's
 Blast those calories with a workout targeting Abs, Butt and Cardio to keep the heart pumping.

Barre
 In this class you will develop long, lean muscles without bulk, enhance flexibility and improve balance. The class will begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights with high reps of small range-of-motion movements. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

Bootcamp
 The ultimate full body workout! A combination of calisthenics, military-style drills and muscular condition exercises to provide an easy to follow yet challenging workout. Engage your major muscles and cardiovascular system into high gear. Pay as you go and membership options are also available.

Body in Balance
 Gentle barefoot class includes balance and postural work through dynamic stretching. Focus on joint stability using stability balls, light hand weights and flexbands. Some mat work.

Cardio 20/10
 A challenging class with 20 seconds of intense exercise followed with 10 seconds of rest for 6 rounds. Finish the class with resistance training and abdominal exercises. Burn calories and have fun!

Cardio Core
 A dynamic aerobic workout with choreographed intervals. Sleek and powerful movements.

Fit for Life
 This program is geared for individuals who wish to be fit for life. The program is a low intensity, full body workout that will have a different focus each week. All fitness levels are welcome.

Forever Fit
 Gentle low-impact aerobics followed by resistance training using tubes, hand weights and medicine balls. No mat work involved.

Forever Fit Plus
 Forever Fit format with added challenges using body bars, Gliders and stability balls. No mat work involved.

Gentle Flex Fusion
 This gentle muscle toning class focuses on core strength and overall body toning using resistance training. Designed for new participants who want to build strength and tone muscle. Standing and chair exercises only, no floor work.

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Insanity
 Insanity relies solely on body-weight exercises combined with high intensity interval training. Each workout will get your heart rate up and the sweat pouring.

Kickboxing
 This combination of boxing and mixed martial arts techniques are designed to improve cardiovascular endurance while strengthening and toning the entire body. Gloves and blockers provided.

Metabolic Training
 Interval training at its best! Increase caloric expenditure and boost metabolic in a motivating group atmosphere. You are sure to see results!

Pilates
 A series of floor exercises to increase strength, flexibility, concentration and stamina. Principles set out by Joseph Pilates are the foundation for these movements. Connect with your breath and see how to strengthen your abs and improve your posture. Pay as you go and membership options are also available.

Power Yoga
 A fitness-based Vinyasa practice which will enhance flexibility and reduce stress. The focus is on fundamental actions; sun salutations, strengthening standing poses and seated poses. (We recommend you bring your own yoga mat.)

Relaxation Yoga
 A gentle, slower-paced class designed to relieve tension and stress through breathing techniques, stretching and postures. Take some time to stretch, relax and calm the mind. - You deserve it! We recommend you bring your own yoga mat)

Sculpt
 An integrated muscle conditioning class using your own body resistance, hand weights, body bars and bands to strengthen and tone your entire body. The main focus of this class is muscle endurance and strength.

Sculpt & Core
 A high energy core and conditioning class consisting of stabilization techniques and strengthening exercises for the torso, oblique's and lower body. Strengthen and define your entire body.

Sculpt & Tone
 An integrated muscle conditioning class using your own body resistance, hand weights, body bars and bands to strengthen and tone your entire body. The main focus of this class is muscle endurance and strength.

Spin
 A motivating cardio workout that takes you over hills jumps and various other terrains for a high-intensity workout that is good for all fitness levels. Pay as you go and membership options are also available.

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Spin Fit
 This class will include a variety of exercises each week including core, TRX, resistance, or more cardio drills.

Spin & TRX
 Indoor cycling at its best! A motivating cardio workout integrating TRX strength training, followed by Virtual Spin

Spin Endurance
 Whether you are training for an endurance sport or looking for an indoor cycling challenge, this class will give you both! The longer intervals and climbs will challenge your endurance while benefitting from company and a motivating experience.

Tabata Fusion
 This high- intensity interval training class will focus on combinations of strength and cardio intervals.

TRX Bootcamp
 The ultimate full body workout! TRX will help you to improve your core stability, balance, flexibility and body strength the bootcamp will include a combination of calisthenics, military-style drills and muscular condition exercises to provide an easy to follow yet challenging workout. Engage your major muscles and cardiovascular system into high gear.

TRX Circuit
 This total body circuit delivers an efficient and fun workout as you move from exercise to exercise with minimal rest. An excellent way to burn fat and calories while building muscle.

Virtual Spin
 For all spin enthusiasts; ride to a variety of DVDs. Spin & Stretch; Spin Endurance

Zumba
 This dance inspired cardio workout uses traditional cumbia, salsa, samba and merengue music with a combination of Latin rhythms and red-hot international dance steps.

Zumba Toning & Sculpt
 A Zumba class with the addition of resistance training.

Yoga – All Levels
 Ideal for improving circulation, exercising the mind and concentration. Yoga increases balance, strength, flexibility and coordination. This course is suitable for all levels. Pay as you go and membership options are also available.

FEE:
Adults.....\$10.15 per visit
Youth/Student/Adult 55+.....\$8.15 per visit

Classes are included in:
 Unlimited Wellness Membership
 Ultimate Fitness Membership
 10x Fitness Pass
 Drop-In Fee

Balanced Fitness Programs should include the following:

- Cardio Training (aerobic exercise)
- Resistance Training (weight training)
- Flexibility (stretching) Training
- Balance Training
- Great place to start. Please arrive on time and let your instructor know that you are new to fitness.

NOTE: Schedules and instructors may change seasonally or according to demand, space limitations and instructor availability. Classes may be cancelled due to low attendance. If a class has below five (5) participants for three (3) consecutive weeks it may be cancelled.



Drop-In Fitness Schedule

January 2 – March 31, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CALEDON CENTRE FOR RECREATION & WELLNESS – 14111 REGIONAL ROAD 50 NORTH, BOLTON Begins January 2, 2019							
6:15 a.m.	Barre	Spin Fit	Insanity		Bootcamp		
8:00 a.m.						Spin Endurance	Body Blast
9:00 a.m.						Metabolic Training	Relaxation Yoga*
9:15 a.m.	Spin & TRX	Gentle Flex Fusion	Sculpt & Tone	Cardio Mix		Sculpt & Core	
9:30 a.m.	Bootcamp	ABC's	TRX Pilates	Sculpt & Tone	Virtual Spin	Spin Fit	
10:00 a.m.						Pilates	Zumba Sculpt
10:30 a.m.	Zumba Sculpt	Body in Balance	Tabata Fusion	Zumba			
10:45 a.m.	Forever Fit		Body in Balance		Forever Fit Plus		
11:00 a.m.						TRX Circuit	Virtual Spin
12:00 p.m.	Relaxation Yoga*		Relaxation Yoga*		Relaxation Yoga*		
5:30 p.m.	H.I.I.T.	Sculpt	Virtual Spin	Barre	Sculpt & Core	Virtual Spin	Cardio Core
6:30 p.m.	Body in Balance	Kickboxing	Spin & TRX	Cardio 20/10	Spin	Kick boxing	TRX Circuit
7:30 p.m.	Relaxation Yoga*	ABC's	Power Yoga	Zumba	Relaxation Yoga*	Zumba	Spin
CALEDON EAST COMMUNITY COMPLEX (CACY ROOM) - 6215 OLD CHURCH ROAD, CALEDON EAST Begins January 2, 2019							
8:30 a.m.		Bootcamp					
9:30 a.m.	Zumba	Yoga – All Levels Cancelled Jan. 15 & Mar. 12		Yoga – All Levels			
11:00 a.m.		Zumba Toning					
6:45 p.m.		Circuit Training		Bootcamp			
7:00 p.m.			Yoga – All Levels				
8:00 p.m.	Yoga – All Levels		Zumba	Zumba Toning			
CALEDON VILLAGE PLACE - 18313 HURONTARIO STREET, CALEDON Begins January 2, 2019							
9:00 a.m.							
10:00 a.m.			Bootcamp	Fit for Life Starts Jan. 10			
1:00 p.m.							
6:30 p.m.			Zumba				
7:00 p.m.				Yoga			
MARGARET DUNN VALLEYWOOD LIBRARY AND COMMUNITY ROOM - 20 SNELCREST DRIVE, CALEDON Begins January 7, 2019							
9:30 a.m.	Yoga – All Levels*						
6:15 p.m.			Yoga – All Levels*				
6:30 p.m.							
7:30 p.m.		Cardio Core Blast		Circuit Training			
TEMP STOREFRONT IN SOUTHFIELDS – 12560 KENNEDY ROAD (UNIT 5), CALEDON Begins January 7, 2019							
9:15 a.m.		Yoga			Yoga		
5:30 p.m.							
6:00 p.m.			Zumba				
6:30 p.m.					Zumba		
7:00 p.m.			Sculpt & Tone				
8:00 p.m.			Cardio Core Blast				

Updated: January 14, 2019