

# 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 Blast**  
 A head to your toe workout that will incorporate high intensity and Tabata with a strong core influence. You will leave knowing and feeling like all your muscles got a great workout!

**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.

**Cardio Mix**  
 A fun, high energy class! This class offers a variety of opportunities to improve your cardiovascular health and get fit. You are guaranteed a total body workout. Designed to be challenging for all levels.

**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.

#### 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.

### PROGRAM DESCRIPTIONS

**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.

**Hit Fit**  
 Using fitness exercise sticks combined with drumming movements, this full body workout combines cardio conditioning and strength training exercises. Strengthen your core, upper and lower body, one beat and squat at a time. All fitness levels welcome.

**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.

### PROGRAM DESCRIPTIONS

**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.

**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.

**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 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.

**TRX Pilates**  
 This class offers a unique and effective blend of TRX and Pilates based exercises which focus on strengthening your entire body with extra emphasis on your core muscles from which you are able to improve your posture, one and mobility.

**Virtual Spin**  
 High mountains, beautiful nature reserves and lively cities. Immerse yourself in a true virtual riding experience featuring some of the most stunning scenery in North America and Europe.

**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

# Drop-In Fitness Schedule

# September 3 – December 31

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CALEDON CENTRE FOR RECREATION &amp; WELLNESS – 14111 REGIONAL ROAD 50 NORTH, BOLTON</b>							
						September 3 – December 31	
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		Hit Fit	
9:30 a.m.	Bootcamp	Hit Fit	TRX Pilates	Sculpt & Tone	Spin		
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	
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.	Pilates	Kickboxing	Spin & TRX	Cardio 20/10	Spin	Body Blast	TRX Circuit
7:30 p.m.	Relaxation Yoga*	ABC's	Power Yoga*	Zumba	Relaxation Yoga*	Zumba	Spin Fit
<b>Class Locations: Blue: Program Room RED: Activity Room BLACK: Fitness Studio</b>							
<b>CALEDON EAST COMMUNITY COMPLEX (CACY ROOM) - 6215 OLD CHURCH ROAD, CALEDON EAST</b>							
8:30 a.m.		Bootcamp					
9:30 a.m.	Zumba	Yoga*		Yoga*			
11:00 a.m.		Zumba Toning					
6:45 p.m.	Circuit Training			Bootcamp			
7:00 p.m.			Yoga*				
8:00 p.m.	Yoga*		Zumba	Zumba Toning			
<b>CALEDON VILLAGE PLACE - 18313 HURONTARIO STREET, CALEDON</b>							
9:00 a.m.						Bootcamp (Cancelled Oct 19, Nov 2 and Dec 7)	
10:00 a.m.			Bootcamp	Fit for Life (Sept 19-Dec 5)			
7:00 p.m.				Yoga			
<b>MARGARET DUNN VALLEYWOOD LIBRARY AND COMMUNITY ROOM - 20 SNELCREST DRIVE, CALEDON</b>							
9:30 a.m.	Yoga* (Sept 16-Dec 9)						
6:15 p.m.			Yoga* (Sept 18-Dec 4)				
6:00 p.m.							
<b>TEMP STOREFRONT IN SOUTHFIELDS – 12560 KENNEDY ROAD (UNIT 5), CALEDON</b>							
9:15 a.m.		Yoga* (Sept 17-Dec 3)			Yoga* (Sept 20-Dec 6)		
6:00 p.m.			Zumba (Starts Sept 11)				
7:00 p.m.			Sculpt & Tone (Starts Sept 5)	Zumba (Starts Sept 12)			

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\*We recommend that you bring your own non-slip yoga mat.

Facilities will be closed: September 2 (Labour Day), October 14 (Thanksgiving), December 25 (Christmas), December 26 (Boxing Day)

Revised August 29, 2019