

# Group Exercise Schedule Fall 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30am</b>				Straight Up Strength (Marylin)			
<b>7:30am</b>	Yogalates (Sofia)	Pilates (Carmela)					
<b>8:00am</b>			Yoga (Mabel)		Yoga (Mabel)		
<b>9:30am</b>	<b>AquaFit (Lisa)</b>	Zumba (Claudia)	<b>AquaFit (Lisa)</b>	Pilates (Carmela)	<b>AquaFit (Bonnie)</b>	Cardio Kickbox (Marylin)	<b>9:00Am</b> Pilates (Bonnie)
	Bootcamp (Carmela)		Straight Up Strength(Carm)		Bootcamp (Louise)		
	Cycle (Bonnie)		Cycle (Sanj)				
<b>10:35am</b>	Pilates (Carmela)	Tabata (Louise)	Pilates (Carmela)	Gentle Yoga (Eleonora)	Yoga (Louise)		<b>10:00Am</b> 1/2 & 1/2 (Todd)
<b>11:35am</b>	Chair Yoga (Eleonora)	Senior Fit (Carmela)	Senior Fit (Carmela)	Senior Fit (Carmela)	Zumba Gold (Claudia)		
<b>12:45pm</b>		<b>Aquafit (Lisa)</b>		<b>Aquafit (Suzanne)</b>	<b>12:35Pm</b> Chair Yoga (Dina)		
<b>6:30pm</b>	Kick and Flex (Bonnie)	<b>6:00pm</b> Cycle (Sarah)	Functional Weight Training (Michelle)				
<b>7:00pm</b>		Yoga (Thor)		Yoga (Thor)			





**Straight Up Strength.**

A low impact strength class with no jumping utilizes hand weights and resistance bands, at the same time improves muscle conditioning, balance and strength.

**Senior Fit**

This class is a combination of strength training and basic moves to help improve muscle tone, balance and flexibility. A portion of the class is simple aerobic movements. A great class for those that want to maintain and improve strength and posture. All classes either use a chair and standing work, no mat work is incorporated.

**Aquafitness**






Experience the benefit of water training. The added resistance of water and low impact movements improve aerobic fitness and generally great for arthritic joints.

**Kick and Flex**

A combination class that incorporates kick boxing getting your heart rate up combined with weights to help strengthen and tone your body.

**FITNESS COORDINATOR- CARMELA PERRI**

**905-731-2800 Ext 272**

-  – Body zone studio
-  – Mind/body studio
-  – Pool
-  – Cycle studio
-  – Richmond Room



**Bootcamp**

Utilizing handweights together with movements designed to get your heart rate up and improve your strength.

**Cardio Kickbox**

Cardio kickbox combines martial arts techniques with fast paced cardio. This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility and burn calories as you build lean muscle in this fun and challenging workout.

**Zumba**

Zumba is a fitness program that combines Latin and international music with dance moves. It alternates fast and slow rhythms to help improve cardiovascular fitness all while having fun!

**Zumba Gold**

Zumba Gold is a lower-intensity version of the Zumba class and was designed to meet the needs, both physiological and psychological needs of seniors. Suitable for older adults seeking lower intensity moves without skipping out on the fun vibe of Zumba

**Half and Half**

Everything you need in one hour. Your activity will be split between cardio and muscle conditioning.

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**YogaLates**

As the name suggests, a class that incorporates both disciplines, Yoga and Pilates fused together to help strengthen and stretch, improve muscle tone and generally feel better.

**Pilates**

Pilates is a method of exercise that consists of muscular strength and endurance and low impact flexibility. The class emphasizes proper postural alignment, core strength and muscle balance.

**Yoga**

Yoga poses modified to the participants needs to help improve the body’s movement patterns, breath techniques and guided relaxation.

**Gentle Yoga**

Gentle yoga is geared specifically for those new to yoga or those interested in a gentle practice. The class incorporates simple flowing sequences to warm up the body as well as slower paced movements focusing on alignment, strength, and flexibility. No experience or flexibility required.

**Chair Yoga**

Just like the name implies, this is a gentle yoga for seniors in mind to increase flexibility, lung capacity, circulation and relieve stress from tight muscles.

