

# Group Exercise Schedule Fall 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30am</b>			Straight Up Strength (Marylin)				
<b>7:30am</b>		Pilates (Carmela)					
<b>8:00am</b>	New Time *Yogalates (Sofia)		Yoga (Mabel) 8:30am Cardio Tennis (Ivon)		Yoga (Mabel)		
<b>9:30am</b>	AquaFit (Lisa) Bootcamp (Carmela) Cycle (Bonnie)	Zumba (Claudia)	AquaFit (Lisa) Tread & Shred (Carmela)	Pilates (Carmela) Cycle (Sanj)	AquaFit (Bonnie) Bootcamp (Louise)	Master Fit (Marylin) 90 Minutes	<u>9:00Am</u> Pilates (Bonnie)
<b>10:35am</b>	Pilates (Carmela)	Tabata (Sanj) Gentle Yoga (Michelle)	Pilates (Carmela) 10:30am Cardio Tennis (Ivon)	Senior Fit (Carmela)	Yoga (Louise)		<u>10:00Am</u> 1/2 & 1/2 (Todd)
<b>11:35am</b>	Chair Yoga (Mabel)	Senior Fit (Carmela)	Senior Fit (Carmela)	Tai Chi (Edmund)	Zumba Gold (Claudia)		
<b>12:45pm</b>		Aquafit (Lisa)		Aquafit (Suzanne)	Chair Yoga (Dina)		
<b>6:30pm</b>	Kick and Flex (Bonnie)	<u>6:00pm</u> 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 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.

## Tread & Shred

Space is limited to 6 members. 30 min guided Treadmill workout followed by 30 min muscle conditioning and stretch class.

## FITNESS COORDINATOR- CARMELA PERRI

**905-731-2800 Ext 272**

-- Outdoor Tent

--Tennis Courts

- Body zone studio

- Indoor Pool

- Mind/body studio

- Cycle studio

-- Outdoor Pool

- Kinesis Room



## Cardio Tennis

This class includes a warm-up, cardio workout and cooldown phases, resulting in heart pumping fitness. No tennis experience required.

## Bootcamp

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

## Master Fit

A challenging 90 minute class that incorporates 45 minute cardiovascular fitness followed by 45 minute strength training to improve muscle tone, strength and balance

## 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.

## GROUP EXERCISE SCHEDULE FALL 2022



## 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

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.

## Tai Chi

Tai is sometimes described as meditation in motion, each posture flows into the next. This workout is gentle and has a positive effect on muscle strength, flexibility and balance.

