

Fitness Schedule

August 2019

Cobourg Community Centre

905-372-7371 • ccc.cobourg.ca

Drop In Rates:

\$5.00 – Drop In rate/class

\$25.00 – August Unlimited Class Pass

\$15.00 – August Youth Unlimited Class Pass (11 – 16)

Please Note: Schedules are subject to change without notice. Up to date schedules can be viewed at ccc.cobourg.ca

** Baby-friendly / Stroller-friendly classes*

PLEASE NOTE: SENIORS MEMBERSHIPS/PASSES ARE NOT APPLICABLE FOR THESE PROGRAMS.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 5:15pm - Fit Happens	2
5 Building Closed	6	7 5:15pm - Cardio & Core	8 5:15pm - Fit Happens	9
12 5:15pm - Boot Camp	13	14 5:15pm - Cardio & Core	15 5:15pm - Fit Happens	16
19 5:15pm - Boot Camp	20	21 5:15pm - Cardio & Core	22 5:15pm - Fit Happens	23
26 5:15pm - Boot Camp	27	28 5:15pm - Cardio & Core	29 5:15pm - Fit Happens	30

CLASS DESCRIPTIONS – DROP IN

BOOT CAMP

Challenge yourself with this fast paced, calorie burning workout that will take your fitness to the next level. Class format changes every class to keep things interesting. Modifications are always offered for the beginner to the advanced!

FIT HAPPENS

Build muscle, burn calories, lose fat! An effective total body muscle conditioning workout utilizing a variety of equipment and offering lots of modifications. Get fit and have fun while doing it.

CARDIO & CORE

Start the class off with a cardio blasting workout that will boost your metabolism and burn calories. Finish off by challenging the core with functional exercises that will enhance your daily activities. Focus on your core body and strengthen your abs and back.