

# Fitness Schedule

## November 2019

Cobourg Community Centre

905-372-7371 • [ccc.cobourg.ca](http://ccc.cobourg.ca)

### Drop In Rates:

\$5.00 – Drop In rate/class

\$40.00 – November Unlimited Class Pass

\$30.00 – November 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](http://ccc.cobourg.ca)*

*\* Baby-friendly / Stroller-friendly classes*

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

Monday	Tuesday	Wednesday	Thursday	Friday
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4  12:30pm – Boot Camp 5:15pm – Boot Camp	5	6  12:30pm – Boot Camp 5:15pm – Cardio & Core	7  12:30pm – Total Body Circuit 5:15pm – Fit Happens	8
11  12:30pm – Boot Camp 5:15pm – Boot Camp	12	13  12:30pm – Boot Camp 5:00 - Yoga 5:15 –Cardio & Core	14  12:30pm – Total Body Circuit 5:15pm - Fit Happens	15
18  12:30pm – Boot Camp 5:15pm – Boot Camp	19	20  12:30pm – Boot Camp 5:00 - Yoga 5:15 –Cardio & Core	21  12:30pm – Total Body Circuit 5:15pm - Fit Happens	22
25  12:30pm – Boot Camp 5:15 – Boot Camp	26	27  12:30pm – Boot Camp 5:00 - Yoga 5:15 –Cardio & Core	28  12:30pm – Total Body Circuit 5:15pm - Fit Happens	29

# CLASS DESCRIPTIONS – DROP IN

## BOOT CAMP

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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

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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

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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.

## TOTAL BODY CIRCUIT

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This 45 minute class primarily involves moving from one station to another in 45 second intervals. Each interval varies alternating between strength, core and conditioning. Strength work can include bands, mat exercises, body weight exercise, kettlebell exercises and more. Cardio work can include elements of endurance training, steps, body weight exercise, and more. This class is designed for all fitness levels. Come ready to sweat, work hard, and have fun!

## YOGA

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Designed to enhance vitality and a sense of well-being, this yoga workout will help participants gain improved flexibility, balance, strength and posture. Students will coordinate movement with breath to flow from one pose to the next. Suitable for all levels.