

# FITNESS SCHEDULE

Cobourg Community Centre

905-372-7371 • ccc.cobourg.ca

## OCTOBER 2017

**Drop In Rates:**

\$7.00 – Adult Drop In rate, per class

\$5.00 – Youth Drop In rate, per class (11 – 16)

\$60.00 – 10 Class Convenience Card

\$40.00 – OCTOBER Unlimited Class Pass

\$20.00 – OCTOBER Youth Unlimited Class Pass (11 – 16)

*Please Note: Schedules are subject to change without notice.*

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

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

| Monday                                                 | Tuesday                   | Wednesday                                                | Thursday                                                            | Friday |
|--------------------------------------------------------|---------------------------|----------------------------------------------------------|---------------------------------------------------------------------|--------|
| 2<br>12:30pm – Stretch 'N Roll<br>6:00pm – Hatha Yoga  | 3<br>5:00pm – Boot Camp*  | 4<br>12:30pm – Boot Camp*<br>6:45pm – Vinyasa/Flow Yoga  | 5<br>12:30pm- PLYOGA<br>5:00pm – Boot Camp*<br>6:00pm – Hatha Yoga  | 6      |
| 9<br>Thanksgiving                                      | 10<br>5:00pm – Boot Camp* | 11<br>12:30pm – Boot Camp*<br>6:45pm – Vinyasa/Flow Yoga | 12<br>12:30pm- PLYOGA<br>5:00pm – Boot Camp*<br>6:00pm – Hatha Yoga | 13     |
| 16<br>12:30pm – Stretch 'N Roll<br>6:00pm – Hatha Yoga | 17<br>5:00pm – Boot Camp* | 18<br>12:30pm – Boot Camp*<br>6:45pm – Vinyasa/Flow Yoga | 19<br>12:30pm- PLYOGA<br>5:00pm – Boot Camp*<br>6:00pm – Hatha Yoga | 20     |
| 23<br>12:30pm – Stretch 'N Roll<br>6:00pm – Hatha Yoga | 24<br>5:00pm – Boot Camp* | 25<br>12:30pm – Boot Camp*<br>6:45pm – Vinyasa/Flow Yoga | 26<br>12:30pm- PLYOGA<br>5:00pm – Boot Camp*<br>6:00pm – Hatha Yoga | 27     |
| 30<br>12:30pm – Stretch 'N Roll<br>6:00pm – Hatha Yoga | 31<br>5:00pm – Boot Camp* |                                                          |                                                                     |        |

## CLASS DESCRIPTIONS – DROP IN

### HATHA YOGA

This class is for students who are looking for a more intermediate yoga class with a wider variety of poses and strength building opportunities. Still based on the more traditional approach, this class will give you a more challenging experience, with modifications and options always offered.

### OUTDOOR BOOT CAMP

This jam packed, anything goes type of class is a blast for you and your body! Changing the weekly format of the class and continually opting for different exercises will keep you guessing about what's coming next, aid in keeping your mind engaged on your workout, and leave you feeling fantastic! All fitness level welcome. Class will be held on the track during inclement weather.

### PLYOGA

This energizing, heart pumping class boasts a blend of plyometric style cardio with various yoga style postures for active recovery, along with core work interspersed throughout the class for good measure! This class may be completed using modified cardio options.

### STRETCH 'N ROLL

This class alternates weekly between Trigger Point foam rolling techniques and full body athletic type stretching. During the foam rolling sessions, you will be instructed on how to perform self-initiated tissue release techniques. Rollers are available to borrow, but it is best to bring your own. The Athletic Style Stretch will be a slow paced and incredibly relaxing top to bottom stretch.

### VINYASA/FLOW YOGA

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.

### ZUMBA

A Latin infused dance class that will keep your cardio up, while you're moving to great Latin music beats! Up tempo, high energy and a lot of fun!! IS it a WORKOUT while you party, or is it a PARTY while you work out?? You decide!

## ◆ CLASS DESCRIPTIONS – ◆ REGISTERED

### ◆ BOOT CAMP

Join in, meet others who are looking for a great workout where you can bring your child. Get your stroller ready and come prepared to work hard! Core strength, flexibility, balance and cardio will be on the agenda, so get ready to work!

### ◆ MOM & BABY YOGA

A great workout for new moms and their little ones! Baby will have a chance to interact with you, while you work on strengthening your mind, body and spirit. Recommended for moms who are at least 6 weeks post-partum and their babies who are between 6 weeks and 8 months old.

### ◆ PLUS MOVES

Are you looking to lose weight and get fit? Plus moves provides light-medium cardio to improve heart rate and circulation, and weight training to strengthen muscles and support joints. Weight training continues to burn calories after your workout to help boost your weight loss effort!

### ◆ PRE-NATAL YOGA

Just for our soon to be Mama's. A great program, taught by an instructor who will get you moving and stretching safely, while preparing the body for the exciting times ahead.

### ◆ RE-START FIT

If you want to get into shape but don't know where to start, we have a program for you! Re-Start will introduce you to muscle conditioning and improved flexibility using a variety of exercises and equipment. Build your strength and confidence with us! This program will include a fitness evaluation to track your progress and help you meet your goals for improved health and fitness.

### ◆ SUNRISE YOGA

Designed to enhance vitality and a sense of well-being, this Yoga workout will help participants gain improved flexibility, balance, strength and posture. Our Yoga classes are suitable for all levels.

### ◆ SURVIVOR THRIVER RE-START FIT

Our Re-Start program has been specially formatted to accommodate different levels of fitness after your battle with cancer. If you are ready to continue your journey through fitness and healthy living, Re-Start will introduce you to basic yoga and fitness postures to improve muscle conditioning, balance and flexibility.