

# Fitness Schedule

## October 2019

Cobourg Community Centre

905-372-7371 • ccc.cobourg.ca

### Drop In Rates:

\$5.00 – Drop In rate/class

\$40.00 – October Unlimited Class Pass

\$30.00 – October 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
	1	2 12:30pm – Boot Camp 5:15pm – Cardio & Core	3 12:30pm – Total Body Circuit 5:15pm – Fit Happens	4
7 12:30pm – Boot Camp 5:15pm – Boot Camp	8	9 12:30pm – Boot Camp 5:15pm – Cardio & Core	10 12:30pm – Total Body Circuit 5:15pm – Fit Happens	11
14 Thanksgiving	15	16 12:30pm – Boot Camp 5:15pm – Cardio & Core	17 12:30pm – Total Body Circuit 5:15pm – Fit Happens	18
21 12:30pm – Boot Camp 5:15pm – Boot Camp	22	23 12:30pm – Boot Camp 5:15pm – Cardio & Core	24 12:30pm – Total Body Circuit 5:15pm – Fit Happens	25
28 12:30pm – Boot Camp	29	30 12:30pm – Boot Camp 5:15pm – Cardio & Core	31 12:30pm – Total Body Circuit 5:15pm – Fit Happens	

# 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!