



COBOURG
Seniors'

ACTIVITY CENTRE

CENTRE CLOSURES

APRIL 10 • GOOD FRIDAY
MAY 18 • VICTORIA DAY
JULY 1 • CANADA DAY

ANNUAL MEMBERSHIP

\$30 + HST (\$33.90)

DROP-IN PROGRAM

\$1/HST

11-PASS CARD

\$10/HST

22-PASS CARD

\$20/HST

SPRING
NEWSLETTER 2020

COBOURG COMMUNITY CENTRE

905-372-7371
CCC • 750 D'Arcy St.
ccc.cobourg.ca

PROGRAM SCHEDULE

Registration necessary

Drop-in programs at the CCC | \$1+HST

Schedule runs April 18 - July 31, 2020

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Smart Fit II Gym B 9am - 9:45am	Yoga 55+ Level II Multipurpose 8am - 9am	Quilting HTM Room 9am - 3pm	Men's Yogafit 55+ Multipurpose 9am - 10am	Tai Chi - Int/Adv Multipurpose 9am - 10am
Pickleball - B/I Gym A 9am - 11am	Pickleball - Int./Adv. Gym A/B 9am - 11am	Yoga 55+ Level II Multipurpose 9:15am - 10:15am	Camera Club* Multipurpose 9:30am - 11:30am	Smart Fit I Gym B 9am - 9:45am
Yoga Flow Multipurpose 10am - 11am	Wood Carving Seniors Room 9:30am - 12pm	Fun & Fit Gym B 9:30am - 10:15am	Walking Intervals Walking Track 9:30am - 10:15am	Table Tennis Gym A 9:30am - 11:30am
Cardio Circuit Gym B 10:30am - 11:15am	Line Dancing Multipurpose 9:30am - 10:30am	Ladies Friendship Group Seniors' Room 9:30am - 11am	Tai Chi - Beginner Multipurpose 9:30am - 10:30am	Cardio Mix Gym B 9:45am - 10:30am
Active Bodies Gym B 11:30am - 12:15pm	Body Tone Gym B 11:15am - 12pm	Let's Get Physical Gym B 10:30am - 11:15am	Table Tennis Gym A 9:30am - 11:30am	Yoga 55+ Multipurpose 11am - 12pm
Table Tennis Gym A 1pm - 3pm	Chair Yoga 55+ Bea's Place 1pm - 2pm	Yoga 55+ Multipurpose 10:30am - 11:30am	Rug Hooking Seniors Room 9:30am - 12pm	Euchre Multipurpose 1pm - 4pm
Yoga 55+ Multipurpose 1pm - 2pm	Table Tennis - Adv. Gym A 1pm - 3pm	Core + Stretch Multipurpose 11:45am - 12:30pm	Pilates 55+ Multipurpose 10:30am - 11:15am	
Bridge Seniors Room 1pm - 4pm	Carpet Bowling Multipurpose 1pm - 3:30pm	Pickleball - All levels Gym A/B 1pm - 3pm	Zumba Gym B 10:30-11:15am	
55+ Group Training Gym B 1:30pm - 2:15pm	Bridge Multipurpose 1pm - 4pm	Partner Bridge Multipurpose 1pm - 4pm	55+ Group Training Gym B 11:30am - 12:15pm	
	Bid Euchre Seniors Room 3:30pm - 5:30pm	Scrabble Seniors' Room 2pm - 4pm	Pickleball - Adv. Gym A 1pm - 3pm	
	Pickleball -All levels Gym A/B 6pm - 8pm		Carpet Bowling Multipurpose 1pm - 3:30pm	

*Camera Club meets the 1st and 3rd Thursday of each month.

DROP-IN

Drop-in at the CCC

Single drop-in \$1+HST

11-pass card available for \$10+HST

22-pass card available for \$20+HST

REMINDER

Please make sure you have proper running shoes when participating in these programs as sandals, dress shoes and boots are not acceptable and you will not be permitted to take part in the program.

REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

All classes are taught by certified instructors.

YOGA 55+ One of our most popular programs, this gentle yoga class incorporates stretching, balancing and muscle strengthening postures. A variety of breathing techniques and guided meditation are introduced.

Monday afternoons 1-2pm April 27 - July 20

**No class May 18*

Wednesday mornings 10:30-11:30am April 29 - July 22

**No class July 1*

Friday mornings 11am-12pm May 1 - July 17

COST \$65 +HST 12wk session

YOGA 55+ LEVEL II This yoga class explores intermediate standing, balancing and core postures for increased balance, flexibility and muscle strength. Breath work and meditation round out the practice. For students that are comfortable getting up and down off the floor.

Tuesday mornings 8-9am April 28 - July 14

Wednesday mornings 9:15-10:15am April 29 - July 22

**No class July 1*

COST \$65 +HST 12wk session

MONDAY FLOW YOGA A Level 2 upbeat yoga class where one posture flows into the next. Build your strength and stamina, increase cardiovascular strength while improving your balance and flexibility. We will start slowly and progress over 12 weeks. Recommended for students that are comfortable getting up and down from the floor.

Monday mornings 10 - 11am April 27 - July 20

**No class May 18*

COST \$65 +HST 12wk session

PILATES 55+ Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. This class is taught by a certified teacher.

Thursday mornings 10:30 -11:15am April 20 - July 16

COST \$65 +HST 12wk session

GROUP TRAINING 55+ This program is for anyone that is searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants per session.

Monday afternoons 1:30pm - 2:15pm

Session 1: April 20 - Jun 1 **No class May 18*

Thursday mornings 11:30am - 12:15pm

Session 1: April 23 - May 28

COST \$65 +HST 6wk session

MEN'S YOGAFIT 55+ Improve balance, flexibility, core and muscle strength. Manage chronic pain and stress with relaxation techniques to help you cope with the daily stresses and demands of your life. No previous yoga experience required all fitness levels welcome.

Thursday mornings 9-10am April 30 - July 16

COST \$65 +HST 12wk session

CHAIR YOGA 55+ A functional yoga class that is practiced sitting on a chair, or standing using a chair for support. Balance, flexibility and deep breathing are the focus of this class that will leave you feeling refreshed; gently easing stiff muscles and sore joints

Tuesday afternoons 1-2pm April 28 - July 14

COST \$65 +HST 12wk session

Hello Beauty

SEMINARS PRESENTED IN PARTNERSHIP WITH SHOPPERS DRUG MART COBOURG



APRIL 1

1-2pm • Laura Henriquez talks about Thermal Water, Sun Protection and DermAbsolu

2-3pm • Kristen Cosley talks about the Exomega range from Aderma, for dry/atopic skin



APRIL 8

1-3pm • Jacquie Hutchinson leads a Neostrata Master Class and skin care seminar



APRIL 15

1-3pm • Ashley Nand-Jetha leads a Reversa Master Class and skin care seminar



APRIL 15

FASHION SHOW
1-4pm • Model makeup will be done by Jill, Mario and Tara from Shoppers Drug Mart, Cobourg

Pre-registration required for seminars. Open to seniors 55+. First come, first served basis.

FITNESS PROGRAMS

ACTIVE BODIES The focus of this class is resistance training, along with some balance training. The goal is proper technique and increased body awareness, so your activities of daily living are more enjoyable. Mats and weights help achieve this goal.

BODY TONE Workout to the tunes of the 60's, 70's and 80's in this fun and interactive class which includes weights for muscle conditioning and low impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

CARDIO CIRCUIT Take your cardio to the next level with this fun and energizing cardio circuit class. Stations are set up with a variety of cardio moves that are sure to get your heart pumping. You won't get bored with this class, stations only last 30 seconds! Modifications are given for lower impact moves.

CARDIO MIX This easy-to-follow cardio class improves cardiovascular endurance and balance while moving around the gym and having fun. Weights build muscle strength and stretching improves flexibility.

FUN & FIT 55+ This class focuses on resistance training to strengthen your body in various movement patterns which will help to make your daily activities more enjoyable. Chairs and dumbbells are used as a tool to accomplish the desired outcome. This class is suitable for anyone wanting to become stronger and more aware of their body.

LET'S GET PHYSICAL This is a low impact, choreographed, aerobic style class to get your heart pumping and to have some fun while doing it! Exercise to the beat of the music at your own pace and intensity level. This class is suited for all fitness levels.

WALKING INTERVALS This class boasts intervals of cardiovascular activity using the walking track and pairs it with strength training using various forms of equipment for an all in one workout. Alternating between cardio and resistance training is the perfect combination if you are in a time crunch! This class is suitable for all fitness levels.

CORE AND STRETCH This is a mat-based class which combines core strengthening exercises with stretching. The first segment of class utilizes your own body weight to strengthen core muscles from your shoulders on down! The last part of class is dedicated to lengthening and relaxing your muscles. This class is suitable for all fitness levels.

SMART FIT I A chair based functional fitness class using exercise bands to improve muscle strength, balance and flexibility. Cognition and memory exercises sharpen the brain. Safe for post-rehab, chronic pain, diabetes, arthritis, early Parkinson's, and if you are just starting out or getting back into exercise.

SMART FIT II Building on Level I, this standing class incorporates muscle conditioning, balance and motor coordination for advanced functional fitness. Basic, low-impact cardio exercises gradually increase cardiovascular and respiratory strength.

TAI CHI This ancient Chinese exercise consists of slow flowing movements, which promote relaxation and improves balance and coordination.

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 WORKOUT?? You decide!

UPCOMING EVENTS

APRIL 22
1 - 3 PM

FASHION SHOW
This is a FREE event.

Come check out this Spring and Summer's hottest Fashion Trends! Bring a friend or meet some new ones! Register in advance for your ticket and be entered into a giveaway.

JUNE 17
1 - 3 PM

HAWAIIAN LUAU
Tickets \$5/Person

Join us on the Seniors Patio for some sunshine and fun! Let's welcome summer together with some cold drinks and sweet treats.

AUGUST 19
1 - 3 PM

END OF THE SUMMER
CORN ROAST

Say good bye to summer...and hello to a busy September! Get your membership renewed and have lunch with us! Lunch provided, no tickets necessary.