

PROGRAM SCHEDULE

Schedule runs July 2 - August 30, 2019

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Smart Fit II
Gym B
9am - 9:45am

Pickleball - Int./Adv.
Gym A/B
9am - 11am

Quilting
HTM Room
9am - 3pm

Men's Yogafit 55+
Multipurpose
9am - 10am

Tai Chi - Int/Adv
Market Building
9am - 10am

Cardio Combo
Gym B
10:30am - 11:15am

Wood Carving
Seniors Room
9:30am - 12pm

Yoga 55+ Level II
Multipurpose
9:15am - 10:15am

Walking Intervals
Walking Track
9:30am - 10:15am

Smart Fit I
Gym B
9am - 9:45am

Table Tennis
Gym A
1pm - 3pm

Body Tone
Gym B
11:15am - 12pm

Fun & Fit
Gym B
9:30am - 10:15am

Table Tennis
Gym A
9:30am - 11:30am

Cardio Mix
Gym B
9:45am - 10:30am

Social Painting
Seniors' Room
1pm - 3pm

Carpet Bowling
Multipurpose
1pm - 3:30pm

Ladies Friendship Group
Seniors' Room
9:30am - 11am

Rug Hooking
Seniors Room
9:30am - 12pm

Yoga 55+
Multipurpose
10am - 11am

Bridge
Market Building
1pm - 4pm

Pickleball - All levels
Gym A/B
6pm - 8pm

Let's Get Physical
Gym B
10:30am - 11:15pm

Pilates 55+
Multipurpose
10:30am - 11:15am

Euchre
Market Building
1pm - 4pm

REMINDER

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

Core and Stretch
Multipurpose
11:45am - 12:30pm

Group Training
Gym B
11:30am - 12:15pm

Pickleball - All levels
Gym A/B
1pm - 3pm

Pickleball - Adv.
Gym A
1pm - 3pm

Scrabble
Seniors' Room
2pm - 4pm

Partner Bridge
Market Building
1pm - 4pm

ANNUAL MEMBERSHIP CORN ROAST

August 14 • 12-2pm

Our biggest event of the year!! Join us for a FREE lunch to thank you for renewing your membership with us. Local corn and hotdogs will be served!

STRAWBERRY SOCIAL

June 21 • 12-2pm

Join us for an afternoon of strawberries and friends! A LIGHT lunch will be served as well as coffee, tea and seasonal juice. Tickets will be on sale May 6th for \$8. Tickets are limited so make sure to pick yours up today.





REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

YOGA 55+ One of our most popular programs, yoga is a form of exercise that adapts to your needs and abilities that it can be done by persons of all ages. Yoga makes your body fitter, the mind calmer and more relaxed. This is for all fitness levels and is taught by a certified teacher.

Friday mornings 10- 11am July 5 - August 30

COST \$45 +HST 8wk session *No class July 19

YOGA 55+ LEVEL II Taking our Yoga 55+ to the next level those that feel they need a little extra are encouraged to try this program.

Wednesday mornings 9:15-10:15am July 3 - August 28

COST \$50 +HST 9wk 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 July 4 - August 29

COST \$50 +HST 9wk 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 July 4 - August 29

COST \$50+ HST 9wk 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.

Thursday mornings 11:30-12:15pm July 11 - August 22

COST \$60 +HST 6wk session

FITNESS PROGRAMS

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 COMBO Take your cardio to the next level with optional high intensity cardiovascular segments interspersed with aerobic recovery periods. This class is best suited for the active adult who wants a fun and energizing workout!

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 dumb bells 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.

ANNUAL MEMBERSHIP \$25 + HST

SENIORS' PROGRAM COORDINATOR

Krista Williams kwilliams@cobourg.ca 905-372-7371

OFFICE HOURS Monday - Friday 8am-4pm

CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:

Canada Day, July 1 • Civic Holiday, August 5 • Labour Day, September 2