

# Fitness Schedule

## JUNE 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 – June Unlimited Class Pass

\$30.00 – June 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
<p>3</p> <p>12:30pm – Fit Happens 5:15pm – Boot Camp</p>	<p>4</p> <p>5:15pm – Total Body Circuit</p>	<p>5</p> <p>12:30pm – Boot Camp* 5:00pm – Yoga 5:15pm – Cardio &amp; Core</p>	<p>6</p> <p>5:15pm – Fit Happens</p>	<p>7</p>
<p>10</p> <p>12:30pm – Fit Happens 5:15pm – Boot Camp</p>	<p>11</p> <p>5:15pm – Total Body Circuit</p>	<p>12</p> <p>12:30pm – Boot Camp* 5:00pm – Yoga 5:15pm – Cardio &amp; Core</p>	<p>13</p> <p>5:15pm – Fit Happens</p>	<p>14</p>
<p>17</p> <p>12:30pm – Fit Happens 5:15pm – Boot Camp</p>	<p>18</p> <p>5:15pm – Total Body Circuit</p>	<p>19</p> <p>12:30pm – Boot Camp* 5:00pm – Yoga 5:15pm – Cardio &amp; Core</p>	<p>20</p> <p>12:30pm - PLYOGA* 5:15pm - Fit Happens</p>	<p>21</p>
<p>24</p> <p>12:30pm – Fit Happens 5:15pm – Boot Camp</p>	<p>25</p> <p>5:15pm – Total Body Circuit</p>	<p>26</p> <p>12:30pm – Boot Camp* 5:00pm – Yoga 5:15pm – Cardio &amp; Core</p>	<p>27</p> <p>12:30pm - PLYOGA* 5:15pm - Fit Happens</p>	<p>28</p>

# CLASS DESCRIPTIONS – DROP IN

## BOOT CAMP \* (STROLLER FRIENDLY)

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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!

## 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!

## PLYOGA

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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.

## 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.

## 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.