

# FITNESS CO-ED <sup>16</sup>+

## Program Cancellation Hotline

Call for possible cancellations of classes or programs.

1.877.PLAY936  
1.877.752.9936

Mon	Fitness Variety 9:45 – 10:45 a.m. at Magna
	Cardio Pump 7 – 8 p.m. at RTRC
Tues	Core Strength Fitness 9:45 - 10:30 a.m. at Magna
	Step it Up! 7 – 8 p.m. at Magna
Wed	YogaFit 9:30 - 10:30 a.m. at Magna
	Fitness Impact 7 a.m. at Magna <i>cancelled</i>
	Ballates 7 p.m. at Magna <i>cancelled</i>
Thurs	Easy Fitness Mix 8:45 – 9:30 a.m. at Magna
	Body Blast 7 – 8 p.m. at RTRC
Fri	Stability Ball Stretch Tone 9:30 – 10:30 a.m. at Magna <i>cancelled</i>

## Pass Prices (Taxes not included)

1 visit for \$8 (tax incl.)    10 visits for \$66.60  
20 visits for \$123    30 visits for \$169.20

- **To attend a fitness class:** Purchase a membership pass of 10, 20 or 30 visits, use membership card and swipe for admission to class(es) at facility kiosk. Present wristband to instructor. If you are a current membership cardholder, replenish passes as required. \*Drop-in Fee - Bring a friend and try a class!
- **Terms/Conditions:** Fitness schedule valid Sept 12, 2011 to Aug 24, 2012. Please note no classes will be held during holidays. Daytime classes end week of June 18, 2012 until Sept 2012. Max. 30 participants per class. Membership replacement cards are \$5<sup>+</sup> TAX.
- **Important Notices:** Please refer to fitness class cancellation dates posted at Recreation Centres for regularly updated schedules. Call 905-953-5300, press 2, ext. 2650 or ext. 2700 for more information. Wristband recycling boxes located at kiosk receptions. Help make a park bench!
- **Membership Features:** An equivalent Swim Pass or Track Pass will be included with your membership purchase or pass card replenishment (i.e. 10 Pass = 10 swim visits). Swim available during Public and Adult lane swim times only. Magna Centre Track available during Morning or Afternoon Walk or Run times only. Refer to Ray Twinney Recreation Complex and Magna Centre Swim Schedules on p. 30 and Magna Centre Track Schedule on p. 14 for membership feature option times.

FITNESS



### BALLATES

This course will offer participants Pilates while incorporating the stability ball for something new.

### BODY BLAST

Alternates between high impact cardio moves, weight training and body conditioning for an overall body workout.

### CARDIO PUMP!

This class will get you moving. Focus mainly on low impact aerobics, some weight training and lower body conditioning.

### CORE STRENGTH FITNESS

A 45-min express class for all abilities. Target your core muscles, strengthen your back and stomach, while improving posture and energy!

### EASY FITNESS MIX

Do you find other fitness classes too hard or fast-paced? Try this non-aggressive, low impact total body workout that offers great variety and a little something for everyone!

### FITNESS IMPACT

Punch and kick your way to a better body with this heart-pounding workout. A great mix of striking bags, cardio and body-weight exercises make up this addictive workout that will leave you feeling stronger, leaner and more confident!

### FITNESS VARIETY

A custom class based on participant feedback. May include low/high impact cardio, stretch, muscle toning, etc.

### STABILITY BALL STRETCH & TONE

You will strengthen deep stabilizing core muscles, increase stamina, strength, flexibility and balance to create a more streamlined shape.

### STEP IT UP!

Using a combination of low impact aerobics and a beginner level step program, this workout is fun-filled, fat-burning and high energy.

### YOGAFIT

Concentrate on balance, stretching, relaxation and muscle toning. This peaceful class will help to calm your mind, reduce stress and revitalize your body.