



# 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	Cardio Pump 7:30 – 8:30 p.m. at Magna
Tue	Step it Up! 7 – 8 p.m. at Magna
Wed	Fitness Impact 7 – 8 p.m. at Magna
	Ballates 7 – 8 p.m. at Magna
Thu	Body Blast 7 – 8 p.m. at Magna

## Pass Prices (Taxes not included)

1 visit for \$8 (tax incl.)    10 visits for \$64  
20 visits for \$120    30 visits for \$168

- 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. Wear wristband as proof of admission for 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 July 9, 2012 to Aug 23, 2012. Please note no classes will be held during holidays. Max. 30 participants per class. Membership replacement cards are \$5<sup>+TAX</sup>.
- Important Notices:** Please refer to fitness class cancellation dates posted at Recreation Centres Kiosk Reception 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.
- Membership Features:** An equivalent swim pass (Magna or Ray Twinney) or track pass (Magna Only) 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 scheduled drop-in times. Refer to Magna Centre and Ray Twinney Recreation Complex Swim Schedules on p. 56 and Magna Centre track schedule on p. 18 for membership feature option times.

ADULT

### 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.

### 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!

### 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.