GROUP FITNESS CLASSES (15+ YEARS)



Take as many fitness classes as you like throughout the session with our popular Fitness Passes. Includes all classes in the Adult and Older Adult fitness programs.

All class formats are subject to change based on instructor availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio FIT 9:00am – 10:00am KRISTA *(Gym)*	**Strength & Balance** 9:00am – 10:00am YURI *(Gym)*	**Strength FIT** 9:00am – 10:00am KRISTA *(Gym)*	**Cardio & Strength Interval** 9:00am – 10:00am MARY *(Gym)*	**Zumba** 9:00am – 10:00am DIANE *(Hall A)*	**FIT Variety** 9:00am – 10:00am VICTORIA *(Gym)*
	Chair Yoga 9:00am – 10:00am MARIANN *(Hall A)*	**Zumba GOLD** 9:00am – 10:00am JOSIANNE *(Hall A)*	**Zumba Toning** 9:00am – 10:00am JOSIANNE (*Hall A)*	**Strength & Balance GOLD** 9:00am – 10:00am JUDY B. *(Gym)*	
Cardio GOLD 10:15am – 11:15am KRISTA *(Gym)*	**Cardio GOLD** 10:15am – 11:15am YURI *(Gym)*	**Cardio GOLD** 10:15am – 11:15am KRISTA *(Gym)*	**All Stretch** 10:15am – 11:15am MARY *(Gym)*	**Zumba GOLD** 10:15am – 11:15am SUNITA *(Hall A)*	
Stability Ball *Strength & Stretch* 11:15am – 12:15pm KRISTA *(Gym)*		**Stretch & Balance** 11:15am – 12:15pm KRISTA *(Gym)*		**Strength & Balance GOLD** 10:15am – 11:15am JUDY B. *(Gym)*	
Cardio Tone 6:00pm – 7:00pm NIKKI *(Gym)*	**Cardio Tone** 6:00pm – 7:00pm CHRISTINE *(Gym)*	**Tabata** 6:00pm – 7:00pm LINDSAY *(Gym)*	**Step Aerobics** 6:00pm – 7:00pm *LILIYA (Gym)*	**Chair Yoga** 1:00pm – 2:00pm MARIANN *(Hall A)*	

Cardio GOLD Zoom

TUESDAYS & THURSDAYS
10:15am – 11:15am | KRISTA

THE ZOOM PASS includes Tuesday and Thursday Cardio GOLD classes.

These classes will be taught in a multi-level fashion. Exercise options will be given to those who wish to work at a higher (or lower) intensity. Classes will consist of approximately 20-25 minutes of aerobic conditioning followed by muscle toning, core conditioning, and balance

- All classes are delivered in the comfort of your home.
- Our online classes are conducted by a live instructor via Zoom.
- The Zoom meeting link will be sent a few days before the first class.
- At least 2 recordings available each week.

Fall Session Pass (Sept 14 – Dec 19, 2026)	**$130** +HST
Fall Session ZOOM Pass (Sept 15 – Dec 17, 2026)	**$95** +HST
Winter Session Pass (Jan 4 – March 25, 2027)	**$130** +HST
Winter Session ZOOM Pass (Jan 5 – March 25, 2027)	**$75** +HST
3-Session Pass (Fall 2026, Winter and Spring 2027)	**$350** +HST
15-Class Pass: Sample fitness classes throughout the session or come every week to your favorite class.	**$90** +HST

Add on the Cardio GOLD Zoom Class with Krista:	
Single Session Fitness *plus* ZOOM Pass:	**$160** +HST
3-Session Pass *plus* ZOOM Pass:	**$430** +HST

**Passes expire at the end of the Session and may not be carried over.*

FITNESS CLASS DESCRIPTIONS

Do you want to have more energy, feel stronger and be able to navigate daily life with a sense of physical confidence and greater ease? The CCA's adult group fitness program includes a variety of well-balanced classes that will work on toning, muscle-strength, core-strength, cardio health, balance and flexibility.

All Stretch: Strength and flexibility go hand in hand. This class is dedicated to improving flexibility, releasing stress, and developing better posture and body awareness.

Cardio FIT: Classes will consist of 75% aerobic conditioning and 25% muscle toning, core conditioning, and balance training. Exercise options will be given to those who wish to work at a higher (or lower) intensity.

Cardio GOLD: These classes will be taught in a multi-level fashion. Exercise options will be given to those who wish to work at a higher (or lower) intensity. Classes will consist of approximately 20-25 minutes of aerobic conditioning followed by muscle toning, core conditioning, and balance training.

Cardio & Strength Interval: This class is designed to alternate between periods of low impact cardio and strength moves to increase heart and muscle health. A variety of different equipment such as dumbbells, bars, bands, stability ball, and steps may be used each week. The class is good for all fitness levels.

Cardio Tone: Experience a refreshing approach to fitness that combines cardiovascular exercise, strength training, and functional movement. Breath awareness and mindfulness are gently woven throughout the class, inviting you to move with intention through a variety of movements and intensities while building strength, improving balance, and increasing endurance. Using body weight and a variety of resistance-based equipment, this class offers a supportive and energizing way to care for both body and mind.

Chair Yoga: This chair-based class will focus on slow moves, mindfulness, breathing techniques and reducing stress. Learn how to increase strength, mobility and flexibility, improve posture and body awareness.

FIT Variety: Experience a blend of high and low impact aerobics and strength training using various equipment, but with different formats every week.

Stability Ball Strength and Stretch: This is an all over body conditioning class using the stability ball for balance. Work your core and build strength, using various equipment such as weights, resistance bands, and bodyweight exercise. A stretch segment will end every class.

Step Aerobics: This class will incorporate a segment of step aerobics, strength training using various equipment (hand weights, body bars, and resistance bands) and a stretch routine at end of class.

Strength FIT: A dynamic total body muscle conditioning class using your body weight and hand weights.

Strength and Balance: Learn how to improve your balance and strengthen your body using various equipment like resistance bands, hand weights, and chairs. You will also do bodyweight and wall exercises. This class will help increase your mobility, core strength, flexibility, and overall wellness.

Strength and Balance GOLD: Strength and balance classes, or fall prevention classes, are designed to get you feeling steadier on your feet. The classes focus on exercises to improve your balance and confidence.

Stretch and Balance: This class will be split into a balance segment and a stretch segment. It will focus on slow moves involving balance to improve core strength, help improve stability, and prevent falls. The stretch segment will focus on a full body stretch using various tools including chairs, resistance bands, walls, and mats. Improve flexibility, increase mobility, reduce stress, improve posture, and help prevent injuries.

Tabata: Interval training comprised of 20 seconds of work/10 seconds of rest cycles. The emphasis is on cardio and strength.

Zumba: This is a cardiovascular workout, combining fun dance movements with fantastic Latin music. You will have so much fun you'll forget you're working out.

Zumba GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

Zumba Toning: Zumba® Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba® moves to create a calorie-torching, strength-training fitness party. Students use light hand weights enhance rhythm and tone all their target zones, including arms, abs, and thighs.

Please bring your own mat to class.

** All class formats are subject to change based on instructor availability.*

** PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM.**