

# GROUP FITNESS IN-PERSON CLASSES (15+ YEARS)

**\$130**  
Session Pass

**\$90**  
15-class Pass

**\$160**  
Cardio Gold ZOOM (Tues & Thurs)  
+ Single Session Spring Pass

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.

**Session Dates: March 30 - June 20, 2026**

*All class formats are subject to change based on instructor availability. No drop-ins.*

It is recommended that participants check with their doctor before participating in any exercise program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Yoga</b> 9:00am – 10:00am ANDRE (Hall A)		<b>Zumba GOLD</b> 9:00am – 10:00am JOSIANNE (Hall A)	<b>Zumba Toning</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Zumba</b> 9:00am – 10:00am DIANE (Hall A)
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Strength and Balance</b> 9:00am – 10:00am YURI (Gym)	<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Strength GOLD</b> 9:00am – 10:00am MARY (Gym)	<b>Strength and Balance GOLD</b> 9:00am – 10:00am JUDY B. (Gym)
<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>Cardio GOLD</b> 10:15am – 11:15am YURI (Gym)	<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>All Stretch</b> 10:15am – 11:15am MARY (Gym)	<b>Zumba GOLD</b> 10:15am – 11:15am FRANCINE (Hall A)
<b>Stability Ball Strength and Stretch</b> 11:15am – 12:15am KRISTA (Gym)		<b>Stretch and Balance</b> 11:15am – 12:15am KRISTA (Gym)		<b>Strength and Balance GOLD</b> 10:15am – 11:15am JUDY B. (Gym)
<b>Strength FIT</b> 6:00pm – 7:00pm NIKKI (Gym)	<b>Cardio Tone</b> 6:00pm – 7:00pm LILIYA/LINDSAY (Gym)	<b>Tabata</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Step Aerobics</b> 6:00pm – 7:00pm LILIYA (Gym)	<b>Chair Yoga</b> 1:00pm – 2:00pm ANDRE (Hall A)