

GROUP FITNESS IN-PERSON CLASSES (15+ YEARS)

\$130
Session Pass

\$70
14-class 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 20 - June 24, 2023

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	SATURDAY
NEW Chair Yoga 9:00am – 10:00am ANDRE (Hall A)	Tri FIT 9:00am – 10:00am JOANNA (Gym)	Cardio Dance GOLD 9:00am – 10:00am ANDRE (Hall A)	Zumba Toning 9:00am – 10:00am JUDY K. (Hall A))	Zumba 9:00am – 10:00am DIANE (Hall A)	FIT Variety 9:15am – 10:15am LILIYA (Gym)
Cardio FIT 9:00am – 10:00am KRISTA (Gym)	Cardio GOLD 10:15am – 11:15am JOANNA (Gym)	Strength FIT 9:00am – 10:00am KRISTA (Gym)	Strength GOLD 9:00am – 10:00am MARY (Gym)	Strength and Balance GOLD 9:00am – 10:00am JUDY B. (Gym)	
Cardio GOLD 10:15am – 11:15am KRISTA (Gym)	Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A)	Cardio GOLD 10:15am – 11:15am KRISTA (Gym)		Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A)	
Strength And Stretch 11:15am – 12:15am KRISTA (Gym)		All Stretch 11:15am – 12:15am KRISTA (Gym)	All Stretch 10:15am – 11:15am MARY (Gym)	Strength and Balance GOLD 10:15am – 11:15am JUDY B. (Gym)	
Interval MIX 6:00pm – 7:00pm LINDSAY (Gym)	Cardio Strength FIT 6:00pm – 7:00pm MARY/LILIYA (Gym)	Strength FIT 6:00pm – 7:00pm LINDSAY (Gym)	FIT Variety 6:00pm – 7:00pm LILIYA (Gym)		



\$95 +HST
For the Session

Cardio GOLD ZOOM PACKAGE

TUESDAYS & THURSDAYS | 10:15am – 11:15am
March 21 - June 22, 2023

The package includes Krista's Tuesday & Thursday classes online. These fitness 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.



\$60
For the Session

SPECIAL NEEDS FITNESS

SATURDAYS | 10:45am—11:45am | Gym
March 25 - June 24, 2023

This group fitness class is for adults (15+ yrs) with developmental disabilities. Activities include basic aerobics, circuit-type workouts, core-strength, and balance exercises.