

GROUP FITNESS CLASSES (15+ YEARS)

**Fitness Passes
are back!**

Take as many fitness classes as you like throughout the session.

Includes all classes in the Adult and Older Adult fitness programs – over 20 different classes and time slots every week for one low price.

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| Fall Session Pass: September 12 – December 23, 2022 | \$130 +HST |
| Winter Session Pass: January 9 – March 11, 2023 | \$130 +HST |
| Add on the Cardio GOLD Zoom Class with Krista: | \$30 +HST |
| Buy a 12-Class Pass to sample fitness classes throughout the session. | \$70 +HST |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|
| Cardio FIT 9:00am – 10:00am KRISTA (Gym) | Tri FIT 9:00am – 10:00am JOANNA (Gym) | Strength FIT 9:00am – 10:00am KRISTA (Gym) | Strength GOLD 9:00am – 10:00am MARY (Gym) | Zumba 9:00am – 10:00am DIANE (Hall A) | FIT Variety 9:15am – 10:15am ROTATION (Gym) |
| Cardio GOLD 10:15am – 11:15am KRISTA (Gym) | Cardio GOLD 10:15am – 11:15am JOANNA (Gym) | Cardio Dance GOLD 9:00am – 10:00am ANDRE (Hall A) | Zumba Toning 9:00am – 10:00am JUDY K. (Hall A) | Strength & Balance GOLD 9:00am – 10:00am JUDY B. (Gym) | |
| Strength & Stretch 11:15am – 12:15pm KRISTA (Gym) | Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A) | Cardio GOLD 10:15am – 11:15am KRISTA (Gym) | All Stretch 10:15am – 11:15am MARY (Gym) | Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A) | |
| | | All Stretch 11:15am – 12:15pm KRISTA (Gym) | | Strength & Balance GOLD 10:15am – 11:15am JUDY B. (Gym) | |
| Interval Mix FIT 6:00pm – 7:00pm LINDSAY (Gym) | Cardio Strength FIT 6:00pm – 7:00pm MARY (Gym) | Strength FIT 6:00pm – 7:00pm NIKKI (Gym) | FIT Variety 6:00pm – 7:00pm ROTATION (Gym) | | |

Cardio GOLD ZOOM Classes

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

- 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: September 13 – December 22, 2022 **\$95** +HST

Winter Session Pass: January 10 – March 9, 2023 **\$62**+HST

Add onto your Session Fitness Pass for **\$30** +HST

The package 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

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.

Please bring your own mat to class.

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 Dance GOLD:

Do you like Latin dancing fitness classes? This class is perfect for active older adults who are looking for a modified class that recreates the original moves you love in those other Latin dance fitness classes. Lower intensity, but still high energy and big fun! The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

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 FIT:

This class will comprise of a ½-hour cardio and a ½-hour strength and stretch components using a variety of techniques and tools.

FIT Variety:

Something new every week! A rotation of CCA Instructors will teach a class that is a blend of high and low impact aerobics and strength training.

Interval Mix FIT:

Each week will be different. Classes could include circuits, interval training, Tabata, with an emphasis on cardio and strength.

Strength FIT:

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

Strength GOLD:

A total body muscle conditioning class for older adults. Students will use body weight and hand weights.

Strength & 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.

Strength and Stretch:

Combine strength training movements with flexibility to improve muscular strength and mobility using equipment such as stability balls, hand weights, and resistance bands.

Tri FIT:

Dynamic, fast-paced class that includes equal parts cardio, strength, and floor work.

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.

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

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