

# 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 – over 20 different classes and times slots every week for one low price.

<b>Fall Session Pass:</b> September 11 – December 22, 2023	<b>\$130</b> +HST
<b>Winter Session Pass:</b> January 8 – March 28, 2024	<b>\$130</b> +HST
<b>3-Session Pass</b> (Fall, Winter, and Spring Sessions)	<b>\$350</b> +HST
<b>Buy a 15-Class Pass*</b> to sample fitness classes throughout the session or come every week to your favorite class.	<b>\$70</b> +HST

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Tri FIT</b> 9:00am – 10:00am JOANNA (Hall A)	<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Strength GOLD</b> 9:00am – 10:00am MARY (Gym)	<b>Zumba</b> 9:00am – 10:00am DIANE (Hall A)	<b>FIT Variety</b> 9:15am – 10:15am ROTATION (Gym)
<b>Chair Yoga</b> 9:00am – 10:00am ANDRE (Hall A)	<b>Strength &amp; Balance</b> 9:00am – 10:00am YURI (Gym)	<b>Cardio Dance GOLD</b> 9:00am – 10:00am ANDRE (Hall A)	<b>Zumba Toning</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Strength &amp; 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 (Hall A)	<b>Zumba GOLD</b> 10:15am – 11:15am FRANCINE (Hall A)	
<b>Stability Ball Strength &amp; Stretch</b> 11:15am – 12:15pm KRISTA (Gym)	<b>Body Sculpting</b> 10:15am – 11:15am MARIE-CHANTALE (Hall A)	<b>Stretch &amp; Balance</b> 11:15am – 12:15pm KRISTA (Gym)	<b>Body Sculpting</b> 10:15am – 11:15am MARIE-CHANTALE (Gym)	<b>Strength &amp; Balance GOLD</b> 10:15am – 11:15am JUDY B. (Gym)	
<b>Interval MIX</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Circuit Training</b> 6:00pm – 7:00pm DIANE (Gym)	<b>Cardio Strength FIT</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Step Aerobics</b> 6:00pm – 7:00pm LILIYA (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.

<b>Fall Session Pass:</b> September 12 – December 21, 2023	<b>\$95</b> +HST
<b>Winter Session Pass:</b> January 9 – March 28, 2024	<b>\$75</b> +HST
⇒ Single Session Fitness pass <i>plus</i> ZOOM Pass:	<b>\$160</b> +HST
⇒ 3 Session Pass <i>plus</i> ZOOM Pass:	<b>\$430</b> +HST

### 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

# 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.

**Body Sculpting:** Body Sculpting is a muscle conditioning and endurance class for the whole body, which puts a great deal of focus on correcting the posture. Using Body Bars, dumbbells, and Step platforms, it challenges and sculpts your muscles.

**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.

**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.

**Circuit Training:** This class will be taught at a moderate to fast pace where you rotate through different exercise stations set up around the gym.

**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.

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

**Strength and Balance:** Learn how to improve your balance and strengthen your body using various equipment like bodyweight exercises, resistance bands, hand weights, wall exercises and chairs. 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.

**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.

**\*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.\*\***