



CLASSES @ the REC COMPLEX
Building Closed December 24th & 31st @ NOON
CLOSED December 25th, 26th & January 1st

ALL CLASSES WELCOME BEGINNERS!

The Espanola Care Van provides public transportation for residents aged 55+ & residents with special needs

H.I.I.T. High Intensity Interval Training for all levels of fitness!

Mon & Wed 6:15-7:15pm Tues-Thurs 7-8pm High Intensity Interval Training composed of short intense movements followed by a brief recovery period creating an oxygen deficit to boost metabolism and burn calories for hours. A 10 minute warm up/ 30 minute workout/ 10 minute cool down. \$90 for 10 class punch card \$10 drop in. contact nelson.h.williams@gmail.com 705-207-5640

FITNESS BOOTCAMP with Nelson for all levels of fitness! Saturdays 1-2 pm
NO CLASS – DEC 15th 2018 A Mix of bodyweight and weighted movements, with a little bit of cardio sprinkled in. Every class will have a repetition goal that everyone must meet. 5 stations with 1 minute intervals. All fitness levels welcome, modifications available for lower mobility. \$90 for 10 class punch card \$10 drop in. contact nelson.h.williams@gmail.com 705-207-5640

LUNCH YOGA with Brian

12:10-12:50pm - Dec 4,11,12,13

Strength, flexibility and balance for your body and mind. Drop-in \$10 payable to the instructor. Beginners welcome/mats available. For info contact

ba.cairns@eastlink.ca

STEP AEROBICS with Marilyn

Wed 7:30-8:30pm & Sat 9:30-10:30am – **No Class Saturday Dec 1st & 15th** 10 class card, \$65 / Drop in, \$8/registration not required*all levels welcome*cardio on the step*full body strengthening*simple, athletic choreography. Register by contacting marilynwrightmann@outlook.com "Like" Facebook page Step Strong for more information.



CLASS FEATURE FOR GYM MEMBERS enjoy the class of your choice at the time of your choice. Download Roku App on your phone or access the remote from customer service and play your favourite You Tube exercise class on our Smart TV in the pool side auditorium. Bring a friend and double your fitness fun! *(Only available when classes are not in progress & auditorium is available.)*

SPLASHY CLASSES IN THE POOL

*** Hydro spin bikes available during all swims except recreational swims /please ask a lifeguard!**

AQUAFIT – A challenging-water workout with little to no impact on your joints. Begin each class with a 5 minute warm-up, followed by 35 minutes of intense cardio and 5 minutes of stretching. Relax in our swirl pool or push yourself further with laps for 15 minutes/ **Mon & Fri 9:00-9:55am DEEP WATER & Tues & Thurs 10:00-10:55am DEEP & SHALLOW WATER Mon & Wed 5:15-6:00pm DEEP WATER** Aquafit Senior (10 passes with a 4 month expiry) \$56.50 Aquafit and Diaperfit Adult (10 passes with a 4 month expiry) \$61.30 Aquafit drop-in \$9.61

DIAPER FIT Attention new parents! An ongoing class and fitness splash for parents or caregivers with babies from 6 months to 2 years old. Babies float and play in a safety approved baby seat while caregivers exercise. A social time for babies and a workout time for caregivers. **Mon & Fri 9:00-9:55am & Tues/Thurs 10:00-10:55am Mon & Wed 5:15-6:00pm** Aquafit Senior (10 passes with a 4 month expiry) \$56.50 Aquafit and Diaperfit Adult (10 passes with a 4 month expiry) \$61.30 Aquafit drop-in \$9.61

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Cancellation Notices

If you drive a distance for pool programs be sure to phone in to confirm the class or swim! Pool foulings, mechanical break downs or inclement weather can result in pool program cancellations

**HAPPY
NEW YEAR**

