



CLASSES @ the REC COMPLEX

ALL CLASSES WELCOME BEGINNERS!

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

NEW!

FREE INDOOR PICKLE BALL

Mondays 7-10pm & Saturdays 9am-12pm @ Espanola High School Gym
Begins Sat Nov 3rd

Free Lessons! No experience required!

Equipment lending available at the Rec Complex

LUNCH YOGA with Brian

12:10-12:50pm -NOVEMBER 1,6,7,8,13,14,15,20,21,22,27,28,29.

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 – 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.

LINE DANCING with Lynn

Beginner Class -Tuesday's 1:00-2:00pm Drop In \$4.00 – **NO CLASS NOV 6th**

Intermediate Class -Wednesday's 1:00-2:00pm Drop in \$4.00- **NO CLASS NOV. 7th**



SPLASHY CLASSES IN THE POOL

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

PADDLE BOARD YOGA WITH ARTURO

Tuesday Evening November 6,13,20,27 8-8:55pm

Limited Paddle Boards/Pre-registration required/must be 16 years or older
Yoga & Stand Up Paddle boarding are combined to enhance your workout by strengthening balance and flexibility. Engage stabilizer muscles to achieve whole-body fitness, improved concentration and agility. Work to your own fitness level and ability. Swimwear or light active wear over swimwear recommended for comfort.

Register with customer service to secure your board 705-869-1961

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
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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

