



MARCH FITNESS

CLASSES@ the REC COMPLEX

ALL CLASSES WELCOME BEGINNERS

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

Register with Municipal Office @ 705-869-1540

FREE KIDS FITNESS & SELF ESTEEM BUILDING-with Nelson - Mon & Wed 6pm-7pm This program is designed to get our students moving, and also intentionally designed to nurture and grow self-love and self-care, laying a foundation for them to be able to nourish their bodies, minds, and spirits. This isn't your regular fitness class!! It's so much more. Contact nelson.h.williams@gmail.com 705-207-5640

FREE H.I.I.T. High Intensity Interval Training for all levels of fitness! Mon, 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. Contact nelson.h.williams@gmail.com 705-207-5640

LUNCH YOGA with Brian Mar 5,19,26,28

12:10-12:50pm -Tuesdays & Thursdays

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

LINE DANCING with Lynn

Beginner Class -Wednesdays -Starting Mar 20th 3:00-4:00pm Drop in \$4

Intermediate Class - Wednesdays - Starting Mar 20th 1:00-3:00pm Drop in \$4

Move to Music -Tuesdays - Starting Mar 19th - 1:00-2:00pm Drop in \$4

STEP AEROBICS with Marilyn Mar 6,13,20,27

Wed 7:30-8:30pm - 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 YouTube 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) \$58.48 Aquafit and Diaperfit Adult (10 passes with a 4 month expiry) \$62.72 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) \$58.48 Aquafit and Diaperfit Adult (10 passes with a 4 month expiry) \$62.72
Aquafit drop-in \$9.61

PADDLE BOARD YOGA WITH ARTURO

Tuesday's March 5th – April 9th 4 weeks 8-8:55pm (No Class March 12th & April 2nd)
-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.

\$40 for 4 classes +tax – Must Register by March 1st 2019



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

