



MAY 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 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

12:10-12:50pm – May 21,23,28,30

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

FAMILY YOGA - Getting Healthy with OCOF

Monday May 13th – 10:00-12:00pm Families with children (up to age 6) will have an opportunity to connect, practice, and learn together while having fun. For more info or to register call 705- 869-5545

STEP AEROBICS with Marilyn

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 marilynwittmann@outlook.com "Like" Facebook page Step Strong for more Information

LINE DANCING with Lynn

May 1, 15, 22, 29

Beginner Class –Wednesdays - 3:00-4:00pm Drop in \$4

Intermediate Class – Wednesdays - 1:00-3:00pm Drop in \$4

NORTHERN DRAGONS KARATE

Tuesday & Thursday - 5:15-6:45pm

For more info or to register call (705) 869-5630

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) \$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 Starting - May 5th 4 weeks 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.

\$45.20+tax – Must Register by May 3rd 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

