



## SEPTEMBER 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

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

Tues 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](mailto:nelson.h.williams@gmail.com) 705-207-5640

**MRT for all levels of fitness!** Mon & Wed 6-7pm Metabolic Resistance Training composed of a maximum effort, no holds-barred, build muscle, torch-fat huff-n-puff training. It will spike your metabolism, crush calories, lift your lactic threshold, boost your ability to build muscle, and maximize your body's capacity for change. 45 min class, with 30 min of hard work and 15 min of stretching and breathing. Partner based, stations workout with varied tempos and workloads. Contact [nelson.h.williams@gmail.com](mailto:nelson.h.williams@gmail.com) 705-207-5640

### STEP AEROBICS with Marilyn

Wed 7:30-8:30pm & Sat 9:30-10:30 – 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](mailto:marilynwrightmann@outlook.com) "Like" Facebook Page Step Strong for more info

### LUNCH YOGA with Brian

Tues & Thurs – 12:10-12:50pm  
Sept 10<sup>th</sup> 12<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> & 27<sup>th</sup>  
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](mailto:ba.cairns@eastlink.ca)

### 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 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!

*AquafitSenior (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*

**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

### Tues & Thurs 10:00-10:55am DEEP & SHALLOW WATER

**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.

### Tues/Thurs 10:00-10:55am



### 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.



## SEPTEMBER CLASS SCHEDULE

### blue classes in pool/colours in auditorium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					STEP with Marilyn 9:30-10:30am	schedule update Aug 29/19
	Aqua/Diaper Fit 10am-10:55am		Aqua/Diaper Fit 10am-10:55am			
	LUNCH YOGA with Brian 12:10-12:50pm		LUNCH YOGA with Brian 12:10-12:50pm			
	Northern Dragons 5:15-6:45pm		Northern Dragons 5:15-6:45pm			
MRT w/ Nelson 6:00-7:00pm		MRT w/ Nelson 6:00-7:00pm				
	H.I.I.T. w/ Nelson 7-8pm	STEP with Marilyn 7:30-8:30pm	H.I.I.T. w/ Nelson 7-8pm			

Check for updates with Front Desk at 705-869-1961, website [www.espanola.ca](http://www.espanola.ca) or [www.fb.com/townofespanola](http://www.fb.com/townofespanola)  
Classes with insufficient registration/swipes or drop-ins will be cancelled.