

Community Recreation Association Fitness Activities @ a Glance

Fall 2009: September 14 to December 18

Monday	Tuesday	Wednesday	Thursday	Friday
	Total Body Bootcamp 9:15 - 10:10am		Total Body Bootcamp 9:15 - 10:10am	
Stroller Fitness 10:00 - 10:45am		Stroller Fitness 10:00 - 10:45am		
				Romp & Stomp 10:30 - 11:45am (Parent & pre-school child)
	Youth Drop-In 3:00 - 4:45pm		Youth Drop-In 3:00 - 4:45pm	
Total Body Workout 5:00 - 5:50pm SSgym		Cycle Cardio 5:00 - 5:50pm SSgym		
Strength & Stability 6:00 - 6:55pm SSgym		Strength & Stability 6:00 - 6:55pm SSgym		
		Yoga 7:00 - 7:55pm SSgym		
Hoops Program 5:30 - 7:00pm, 5-13yrs 7:00 - 9:00pm, 14-17 yrs				
	Fencing: Children 6:30 - 7:30pm 8- 10yrs 7:30 - 8:30 pm 11-13yrs	Fencing: Adults 6:30 - 7:30pm Recreational 7:30 - 9:00pm Competitive		

Programs run from the week of September 14 to December 18 unless otherwise stated.

Stroller Fitness

Walk or jog your way to a healthier you - working out with your baby.

Total Body Bootcamp

A (mostly) outdoor group exercise class for those people who like the outdoors and/or who get bored in the gym.

Total Body Workout

A challenging multi-level class that alternates between strength training and cardio drills with the option to work at your pace.

Strength and Stability

This class integrates some of the more traditional exercises with some of the latest functional exercises and equipment.

Cycle cardio

Rev up your metabolism in this 50-minute heart-pumping cycle class.

Yoga

Synchronizing your breath with a series of postures and stretches leads to improved circulation and a strong, yet relaxed body and mind. Namaste.

Fencing

Adults: Wednesdays, October 7 to November 25

Children: Tuesdays, October 6 to November 24

Hoops Program

Basketball skill development. October 5 to December 14

Romp & Stomp

An introduction to stretches, games & dance followed by free-time & lots of free-play equipment!

Youth Drop-In (gymnasium)

Free with membership purchase.

