

Fall 2011

Day	Start Date	End date	Cancellations	# of classes
Sat	Sep 17	Dec 10	Oct 8	12
Sun	Sep 18	Dec 11	Oct 9	12
Mon	Sep 19	Dec 12	Oct 10	12
Tue	Sep 20	Dec 6		12
Wed	Sep 21	Dec 7		12
Thu	Sep 22	Dec 8		12
Fri	Sep 23	Dec 9		12

Winter 2012

Day	Start Date	End date	Cancellations	# of classes
Sat	Jan 7	Mar 3		9
Sun	Jan 8	Mar 4		9
Mon	Jan 9	Mar 5	Feb 20	8
Tue	Jan 10	Mar 6		9
Wed	Jan 11	Mar 7		9
Thu	Jan 12	Mar 8		9
Fri	Jan 13	Mar 9		9

Group Fitness Drop-In Fees*

Group Fitness	Up to 1 hour	\$6.89
Specialty Fitness	Up to 1 hour	\$8.40

*Drop-in is only available where space is available.

All program, rental, membership and admission fees are subject to change.

50 & Better Fitness

A class best suited for the 50+ age group. Includes low impact aerobics, step and muscle conditioning.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	50yrs+	Mon	10:35am - 11:30am	169439	\$79.46	169749	\$52.97
Civic Recreation Complex	50yrs+	Thu	10:35am - 11:30am	169440	\$79.46	169750	\$59.60
Legends Centre	50yrs+	Sat	8:30am - 9:25am	169242	\$79.46	169342	\$59.60
Legends Centre	50yrs+	Mon	10:45am - 11:40am	169239	\$79.46	169339	\$52.97
Legends Centre	50yrs+	Wed	10:45am - 11:40am	169240	\$79.46	169340	\$59.60
Legends Centre	50yrs+	Fri	10:45am - 11:40am	169241	\$79.46	169341	\$59.60
South Oshawa Community Centre	50yrs+	Tue	11:00am - 11:55am	165743	\$79.46	165778	\$59.60
South Oshawa Community Centre	50yrs+	Thu	11:00am - 11:55am	165744	\$79.46	165779	\$59.60

Basic Bootcamp 

Gain muscle and lose inches at a military pace. This class introduces you to a circuit of drills that keeps you moving including strength training, cardio endurance, and calisthenics. Tuesday night class will be held in the new Civic Fieldhouse!

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Mon	9:30am - 10:25am	169441	\$79.46	169753	\$52.97
Civic Recreation Complex	15yrs+	Mon	7:30pm - 8:25pm	169442	\$79.46	169754	\$52.97
Civic Recreation Complex	15yrs+	Tue	6:00pm - 7:00pm	173750	\$79.46	173751	\$59.60
Civic Recreation Complex	15yrs+	Wed	12:10pm - 12:55pm	169444	\$59.60	169756	\$44.70
Civic Recreation Complex	15yrs+	Wed	6:30pm - 7:25pm	169443	\$79.46	169755	\$59.60

BodyMAX

A cardio-FREE, total body strength training program, using weights, bands, Fit Balls, Core Boards and Bosus.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Tue	5:30pm - 6:25pm	169445	\$79.46	169757	\$59.60
Legends Centre	15yrs+	Mon	6:30pm - 7:25pm	169253	\$79.46	169350	\$52.97
Legends Centre	15yrs+	Tue	9:00am - 9:55am	169252	\$79.46	169349	\$59.60
Legends Centre	15yrs+	Wed	10:00am - 10:30am	169254	\$39.73	169351	\$29.80
South Oshawa Community Centre	15yrs+	Tue	6:30pm - 7:25pm	165773	\$79.46	165780	\$59.60
South Oshawa Community Centre	15yrs+	Thu	5:30pm - 6:25pm	165774	\$79.46	165781	\$59.60

Buns & Bellies

This core conditioning class strengthens your hips, back, butt and belly. Great for those tight on time!

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Tue	6:30pm - 7:15pm	169446	\$59.60	169758	\$44.70
Civic Recreation Complex	15yrs+	Wed	9:30am - 10:25am	169447	\$79.46	169759	\$59.60
Civic Recreation Complex	15yrs+	Thu	6:30pm - 7:15pm	169448	\$59.60	169760	\$44.70
Donevan Recreation Complex	15yrs+	Sun	10:15am - 11:00am	166052	\$59.60	166142	\$44.70
Donevan Recreation Complex	15yrs+	Tue	8:30pm - 9:00pm	166054	\$39.73	166143	\$29.80

28 Fitness & Wellness Group Fitness

Buns & Bellies continued

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Mon	10:00am - 10:30am	169255	\$39.73	169354	\$26.49
Legends Centre	15yrs+	Thu	5:30pm - 6:25pm	169259	\$79.46	169356	\$59.60
Legends Centre	15yrs+	Fri	10:00am - 10:30am	169260	\$39.73	169357	\$29.80
Legends Centre	15yrs+	Fri	12:15pm - 1:00pm	169256	\$59.60	169355	\$44.70
Northview Community Centre	15yrs+	Thu	6:00pm - 6:45pm	169193	\$44.70	169195	\$44.70
South Oshawa Community Centre	15yrs+	Mon	6:30pm - 7:15pm	165762	\$59.60	165782	\$39.73

Cardio Blast

A total body workout using a combination of hi/low aerobics utilizing the Step, Core Board or Bosu with a grand finish of muscle conditioning!

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Sat	9:30am - 10:25am	169451	\$79.46	169763	\$59.60
Civic Recreation Complex	15yrs+	Tue	4:45pm - 5:30pm	169449	\$59.60	169761	\$44.70
Civic Recreation Complex	15yrs+	Fri	9:30am - 10:25am	169450	\$79.46	169762	\$59.60
Legends Centre	15yrs+	Tue	6:30pm - 7:25pm	169261	\$79.46	169361	\$59.60
South Oshawa Community Centre	15yrs+	Wed	9:30am - 10:25am	165777	\$79.46	165783	\$59.60

Cardio KickBox

Come prepared to sweat! Increase your cardio endurance, lower body and core strength. Enjoy great cardio combinations and work on core and upper body strength, all in one workout!

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Wed	5:30pm - 6:25pm	169490	\$79.46	169765	\$59.60
Civic Recreation Complex	15yrs+	Thu	8:30pm - 9:15pm	169452	\$59.60	169764	\$44.70
Donevan Recreation Complex	15yrs+	Sun	9:15am - 10:10am	166048	\$79.46	166140	\$59.60
Donevan Recreation Complex	15yrs+	Wed	8:00pm - 8:55pm	166047	\$79.46	166139	\$59.60
Donevan Recreation Complex	15yrs+	Thu	8:00pm - 8:55pm	166049	\$79.46	166141	\$59.60
Legends Centre	15yrs+	Sat	10:30am - 11:25am	169262	\$79.46	169362	\$59.60
Legends Centre	15yrs+	Thu	6:30pm - 7:25pm	169263	\$79.46	169363	\$59.60
South Oshawa Community Centre	15yrs+	Tue	5:30pm - 6:25pm	165769	\$79.46	165784	\$59.60

Cardio Sculpt

Improve muscle strength and endurance. This class incorporates intervals of cardio, body sculpting, and abdominal work.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
South Oshawa Community Centre	15yrs+	Mon	9:30am - 10:25am	165776	\$79.46	165787	\$52.97
South Oshawa Community Centre	15yrs+	Wed	6:30pm - 7:25pm	165775	\$79.46	165786	\$59.60
Civic Recreation Complex	15yrs+	Mon	4:30pm - 5:25pm	169453	\$79.46	169766	\$52.97
Civic Recreation Complex	15yrs+	Tue	9:30am - 10:25am	169454	\$79.46	169767	\$59.60

Doggy Day Workout

Do you have to choose between exercising your body or your dog? Now you can do both at the same time! You and your 4 legged pal can join our fitness instructor for an hour of heart pumping fun that will bring you and your dog closer together and become life long buddies.

*Starts week of September 12.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Tue	7:45pm - 8:40pm	169271	\$52.97		
South Oshawa Community Centre	15yrs+	Mon	6:30pm - 7:25pm	173189	\$52.97		

Express Fit

Short on time? Longing for results? Tone, sculpt, strengthen, energize & revitalize with this exciting new circuit class. A great variety of basic exercises, easy to do & quick too! Wednesday evening class will be held in the new Civic Fieldhouse.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Mon	12:10pm - 12:40pm	169455	\$39.73	169769	\$25.49
Civic Recreation Complex	15yrs+	Tue	8:30pm - 9:15pm	169456	\$59.60	169770	\$44.70
Civic Recreation Complex	15yrs+	Wed	5:00pm - 5:45pm	173752	\$59.60	173753	\$44.70

Hard Core Strength

Strengthen the foundation of your body. Back, abdominal and lower body muscles will be challenged during balance and resistance exercises with a variety of equipment. Beyond beginner level of intensity.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Mon	4:30pm - 5:25pm	169277	\$79.46	169374	\$52.97
Legends Centre	15yrs+	Tue	5:30pm - 6:25pm	169275	\$79.46	169373	\$59.60
Legends Centre	15yrs+	Wed	12:15pm - 1:00pm	169323	\$59.60	169372	\$44.70
Legends Centre	15yrs+	Thu	9:00am - 9:55am	169274	\$79.46	169371	\$59.60

High Intensity Interval Workout

High Intensity Interval Workout is a program designed to take you beyond the burn of a regular workout by using interval training and high intensity work. During each class you will use a variety of fitness equipment including, step, bosu ball, fitness ball, core board or gliders.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Thu	5:00pm - 6:00pm	173754	\$79.46	173755	\$59.60
Legends Centre	15yrs+	Mon	5:30pm - 6:25pm	169278	\$79.46	169375	\$52.97
Legends Centre	15yrs+	Wed	9:00am - 9:55am	169280	\$79.46	169376	\$59.60

Intro to Fitness

A group fitness class designed to introduce you to a new class each week. This class will help you in finding the group fitness class that is just right for you.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Mon	9:00am - 9:55am	169287	\$79.46	169394	\$52.97
Legends Centre	15yrs+	Tue	12:15pm - 1:00pm	169289	\$59.60	169396	\$44.70
Legends Centre	15yrs+	Wed	5:30pm - 6:25pm	169290	\$79.46	169395	\$59.60

Osteo FIT

Safely tone and strengthen your muscles with gentle aerobics and stimulating resistance training. Improve your bone density while you improve your fitness level.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Tue	10:35am - 11:30am	169457	\$79.46	169779	\$59.60
Civic Recreation Complex	15yrs+	Fri	10:35am - 11:30am	169458	\$79.46	169780	\$59.60

Retro-Robics

Leg warmers and head bands are optional! Work up a sweat with a touch of nostalgia in this heart pumping, traditional aerobic class.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Sat	9:30am - 10:25am	169297	\$79.46	169401	\$59.60

Step

Step up your fitness while using an adjustable step or the innovative Core Board or Bosu for added intensity and variety! Muscle conditioning and stretching included.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
South Oshawa Community Centre	15yrs+	Mon	5:30pm - 6:25pm	165772	\$79.46	165793	\$52.97
Civic Recreation Complex	15yrs+	Thu	4:30pm - 5:15pm	169459	\$59.60	169788	\$44.70

Total Workout

A combination of hi/ low aerobics, step and muscle conditioning.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Tue	8:30pm - 9:15pm	169324	\$59.60	169407	\$44.70

Urban Pole Walking

Better than just walking, Urban Pole Walking is the new way to walk outdoors and obtain full-body toning at the same time, using cross-country ski-like poles to tone the upper body. Poles are provided for this fun, social, get-fit program. Different walking routes are planned throughout the program. *8 weeks in duration.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Northview Community Centre	15yrs+	Tue	6:00pm - 6:55pm	169225*	\$52.97		