

# 34 Fitness & Wellness Training & Conditioning Courses

## Biggest Winner Team Challenge (Adult)

This weekly challenge is modeled after the popular reality TV show, 'The Biggest Loser'. Participants will motivate each other to melt away pounds and will benefit from modified group fitness assessments, group personal training sessions, group nutritional information and on-line consultations with certified fitness staff. NOTE: All registrants will receive an invitation to an information session one week prior to the course start dates.

18yrs+  
Legends Centre

Day	Start	Time	# of classes	Code	Fee
Tue	Sep 20	7:30pm - 8:30pm	12	169243	\$128.82
Tue	Jan 17	7:30pm - 8:30pm	8	169347	\$85.88

## Iron Motivation

Three-time IRONMAN finisher, Paul Johnston, leads participants through a grinding workout that takes a virtual tour through famous cycling routes. Sweat it out with other cycling enthusiasts while watching inspirational movies of IRONMAN, Tour de France and off-road endurance races. Bikes and Trainers are welcome, but not necessary. Spin bikes are also available.

15yrs+  
Legends Centre

Day	Start	Time	# of classes	Code	Fee
Wed	Oct 12	7:30pm - 9:00pm	10	169292	\$122.55
Sat	Oct 15	7:00am - 9:00am	10	169291	\$163.40
Wed	Jan 4	7:30pm - 9:00pm	10	169398	\$122.55
Sat	Jan 7	7:00am - 9:00am	10	169397	\$163.40

## Weight Training - Teen

This 10 hour program will give teens the tools to create a safe workout routine that will contribute to a healthy lifestyle into their adult years! The course includes: equipment orientations, education on safe fitness programs, training techniques, fitness centre etiquette and nutritional information. All youth between the ages of 13-17 must successfully complete the course in order to use City of Oshawa Fitness Centres. The minimum purchase of a one month Child/Youth Level 2 membership is required to register for this course unless participants are already part of a Family Level 2 membership.

13-17yrs  
Civic Recreation Complex

Day/Date	Time	Code
Sat-Sun Oct 22-23	10:00am - 3:00pm	169745
Sat-Sun Nov 19-20	10:00am - 3:00pm	169746
Sat-Sun Dec 3-4	10:00am - 3:00pm	169747
Sat-Sun Jan 28-29	10:00am - 3:00pm	169798
Sat-Sun Feb 25-26	10:00am - 3:00pm	169797
Sat-Sun Mar 24-25	10:00am - 3:00pm	169799

Legends Centre

Day/Date	Time	Code
Sat-Sun Sep 17-18	9:00am- 2:00pm	169304
Sat-Sun Oct 15-16	9:00am- 2:00pm	169305
Sat-Sun Nov 19-20	9:00am- 2:00pm	169306
Sat-Sun Jan 14-15	9:00am- 2:00pm	169408
Sat-Sun Feb 18-19	9:00am- 2:00pm	169409
Sat-Sun Mar 10-11	9:00am- 2:00pm	169410

South Oshawa Community Centre

Day/Date	Time	Code
Sat-Sun Sep 10-11	10:00am- 3:00pm	169739
Sat-Sun Oct 1-2	10:00am- 3:00pm	169740
Sat-Sun Nov 12-13	10:00am- 3:00pm	169741
Sat-Sun Jan 7-8	10:00am- 3:00pm	169742
Sat-Sun Feb 11-12	10:00am- 3:00pm	169743
Sat-Sun Mar 3-4	10:00am- 3:00pm	169744



### Staff Profile **Lisa Leblanc** *Personal Trainer/Fitness and Yoga Instructor*

"Keeping it fun is the key element to fitness for life" is Lisa LeBlanc's motto. Lisa has been a part-time staff member with the City of Oshawa for 7 years, and has worked in the fitness industry for over 25 years.

You will find Lisa at the Fitness Desk at the Legends Centre as a monitor and personal trainer. She also enjoys teaching a variety of class formats including Step, Low Impact, Muscle Conditioning and Yoga. Yoga is Lisa's absolute favourite class to teach whether it's Ashtanga, Hatha or meditation Yoga.

Lisa puts fun into every activity she participates in and encourages her class participants to do the same.

"Embrace the beating of your heart."