

**Aquafit - Diaper Fit** - Program starts the week of October 3

This course provides an opportunity for adults to participate in an Aquafitness class without leaving their children out of the fun. Children must be between 6 months and 2 years of age, be comfortable in the water and be able to sit on their own.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Mon	2:00pm - 2:45pm	170896	\$76.78	170900	\$61.43
Legends Centre	15yrs+	Tue	9:45am - 10:30am	170897	\$76.78	170901	\$69.11
Legends Centre	15yrs+	Wed	1:45pm - 2:30pm	170898	\$76.78	170902	\$69.11
Legends Centre	15yrs+	Thu	9:45am - 10:30am	170899	\$76.78	170903	\$69.11

**Parent and Baby Fit**

This program allows adults to exercise with their newest workout partner-Baby! In this unique strength and stretch class. Your baby provides the resistance for strength training. Participants are welcome to join in on a public swim after the class! Children must be between 3 and 12 months

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
South Oshawa Community Centre	15yrs+	Wed	1:00pm - 1:55pm	170191	\$66.22	170239	\$59.60

**Salsa Babies**

Salsa Babies is a dance class that helps new moms get back in shape with the best little partner of all - their babies! With little ones snuggled into baby carriers, moms learn popular Latin dances while babies shake maracas and bounce along to the Salsa beat! Children must be between 1 and 8 months old.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Mon	2:00pm - 2:45pm	169298	\$108.48	169402	\$108.48
Legends Centre	15yrs+	Fri	11:00am - 11:45am	169299	\$108.48	169403	\$108.48

**Stroller Boot Camp**

Adults participate in an hour of cardiovascular exercise while baby relaxes in the stroller. Power walking and short running drills will be included. This program is a great opportunity to meet other parents and tots. Indoor and outdoor walking included. \*The course at Legends Centre is 8 weeks.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Tue	11:00am - 11:55am	169303*	\$52.97		
Civic Recreation Complex	15yrs+	Wed	10:00am - 10:55am	169590	\$66.22	169789	\$59.60

**Yoga - Mom and Baby**

This class is specifically tailored for new moms, with special attention placed on developing core strength and stability with emphasis on strengthening the back, abdomen and pelvic floor, as well as relieving tension in areas such as the neck, shoulders and back. Previous yoga experience is not necessary. Children must be 1 to 6 months.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Legends Centre	15yrs+	Fri	9:00am - 9:55am	169315	\$98.04	169417	\$73.53

**Zumba® With Baby**

Zumba® is an exhilarating, effective, easy-to-follow, latin-inspired, calorie-burning dance fitness-party. This program is suitable for pre and post natal participants. Participants must provide a strap-on carrier for baby aged 2-12 months.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Mon	1:00pm - 1:55pm	169617	\$72.20	169804	\$57.76

**Mom and Baby Indoor Boot Camp**

This class includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Moms must be 8-12 weeks post partum and bring baby in a carrier or car seat.

Location	Age	Day(s)	Time	Fall Code	Fall Fee	Winter Code	Winter Fee
Civic Recreation Complex	15yrs+	Tue	2:00pm - 3:00pm	173756	\$66.22	173759	\$59.60
Civic Recreation Complex	15yrs+	Thu	2:00pm - 3:00pm	173761	\$66.22	173760	\$59.60