Have It All

**Basic Bootcamp - Women Only** 💻ドラマ
This class introduces you to a circuit of drills that keep you moving, including strength training, cardio endurance, and calisthenics all while gaining muscle and losing inches at the same time.

*Age: 15 years +
*Location: Donevan Recreation Complex

**Cardio Sculpt** 💻ドラマ
This class incorporates intervals of cardio, body sculpting, and abdominal work which will improve your muscle strength and overall endurance.

*Age: 15 years +
*Location: Civic Recreation Complex, Delpark Homes Centre

**Easy Fit** 💻ドラマ
This class is for beginners, older adults and those returning to fitness after a long break. Various equipment is used to focus on developing your cardiovascular, balance and muscle strength through stretching and postural exercises.

*Age: 15 years +
*Location: Civic Recreation Complex, Northview Community Centre, South Oshawa Community Centre

**Biggest Winner** 💻ドラマ
Get the accountability, motivation, education and support you need to hit your weight loss goals. Monitored by a certified personal trainer, you will be led through a class assessment, weekly weigh ins and circuit style exercise classes along with nutritional education.

*Age: 18 years +
*Location: South Oshawa Community Centre

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**Did you know**

Group Fitness Add-on Members enjoy free registration to group fitness programs. All Inclusive membership holders enjoy free registration to all fitness programs.

Session Add-on $42.82 per Level 1 or 2 members

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**Drop-in Fees***

- **Group Fitness:**
  - Up to 60 minutes: $8.48
  - 75 minutes: $10.60

- **Specialty Fitness:**
  - Up to 60 minutes: $10.33
  - 75 minutes: $12.92

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

Specialty Fitness Program

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**50% cardio component & strength component.**
## Fitness Programs

### Program Registration Information

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Facility</th>
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CRC - Civic Recreation Complex  
DEL - Delpark Homes Centre  
DRC - Donevan Recreation Complex  
NCC - Northview Community Centre  
SOCC - South Oshawa Community Centre

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