Fitness Programs

Heart Wise Exercise

Heart Wise Exercise programs are intended for participants who are interested or concerned about their health. Look for the Heart Wise logo 🏃‍♂️ for suitable programs or contact a Fitness Program Coordinator for more information.

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

Cardio

Body Shred® $ 🏃‍♀️ ⭐
Jillian Michael's BODYSHRED™ is a high-intensity and endurance based 30 minute workout utilizing Jillian's 3-2-1 interval approach. Three minutes of strength, 2 minutes of cardio, and 1 minute of abs. BODYSHRED™ uses elite workout methods like HIIT, PHA, plyometrics, super-setting, combo lifting, and much more as they come together in one powerful class that offers you the most successful way to get lean and shredded fast.

Age: 15 years +
Location: Delpark Homes Centre formerly Legends Centre, South Oshawa Community Centre

Cycle $ 🏃
A great workout simulating race conditions through interval sprints, hill climbing, cardio conditioning, and stretch components.

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

High Intensity Interval Workout $
This class will take you beyond the burn of a regular workout through interval training and high intensity work while using a variety of fitness equipment.

Age: 15 years +
Location: Delpark Homes Centre formerly Legends Centre

Nordic Pole Walking $ 🏃
Better than just walking, Nordic Pole Walking combines walking outdoors and obtains full-body toning; by using cross-country ski-like poles to tone the upper body. Poles are provided for this fun, social, get-fit program. Several walking routes are planned throughout the program.

Age: 15 years +
Location: Northview Community Centre

Pound® $ 🏃‍♀️ ⭐
Pound® is a full-body cardio conditioning class that gives you the permission to rock using lightly weighted exercise drumsticks Ripstix®.

Age: 15 years +
Location: Civic Recreation Complex

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.

Age: 15 years +
Location: Civic Recreation Complex

50 & Better Fitness $ 🏃‍♀️
Best suited for the 50+ age group, this class includes low impact aerobics, step, and muscle conditioning.

Age: 50 years +
Location: Civic Recreation Complex, Delpark Homes Centre formerly Legends Centre
## Program Registration Information

<table>
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<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
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**Note:**

- CRC - Civic Recreation Complex
- DEL - Delpark Homes Centre formerly Legends Centre
- NCC - Northview Community Centre
- SOCC - South Oshawa Community Centre

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## Workout to Win!

### Level 2 & All-Inclusive Fitness Members

#### Monthly Attendance Challenge

**NEW!** For every 8 workouts completed each month receive a ballot to be entered into the monthly draw!*

Participate at Civic Recreation Complex, Delpark Homes Centre, & South Oshawa Community Centre

Speak with our certified Personal Trainers for more information.

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