Fitness Programs

Have It All

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!

Age: 15 years +
Location: Civic Recreation Complex

Cardio Sculpt ⏳
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 formerly Legends Centre

Circuit - Outdoor ⏳
This circuit takes place outside where weather and training conditions can change, adding depth to your training. This program may use: bands and body weight to provide a total body, fast-paced, strength training interval approach. Class may be moved inside due to inclement weather.

Age: 15 years +
Location: South Oshawa Community Centre

Easy Fit ⏳
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 ⏳
Get the accountability, motivation, education and support you need to hit your weight loss goals. Monitored by a certified personal trainer, you will be lead through a class assessment, weekly weigh ins and circuit style exercise classes along with nutritional education.

Age: 18 years +
Location: South Oshawa Community Centre

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
*See page 32 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

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>
<th>Code</th>
<th>Fee</th>
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<tr>
<td>Have It All</td>
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<tr>
<td>Cardio Kickbox</td>
<td>15 yrs +</td>
<td>13</td>
<td>Thu</td>
<td>Jul 11 - Oct 3</td>
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CRC - Civic Recreation Complex    
DEL - Delpark Homes Centre formerly Legends Centre    
NCC - Northview Community Centre    
SOCC - South Oshawa Community Centre

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**Civil Marriage Ceremonies**

**We do!**

The City of Oshawa is pleased to offer civil marriage services to those who are looking for a simple but tasteful non-denominational ceremony.

For more information go to: [Oshawa.ca/getmarried](http://Oshawa.ca/getmarried), or contact Service Oshawa at 905-436-3311.

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**Empowering Minds, Bodies & Well-Being**

With five unique locations, OSCC 55+ has what you’re looking for.

From Acrylic Painting to Zumba® Gold, the choices are endless.

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[oscc.ca](http://oscc.ca) 905.576.6712