50% cardio component & strength component.

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 49 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.

Have It All

Basic Bootcamp - Women Only 🍀💰
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 +
Venue: Donevan Recreation Complex, Northview Community Centre

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 +
Venue: Civic Recreation Complex, Delpark Homes 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 +
Venue: Civic Recreation Complex, South Oshawa Community Centre
Fitness Programs

Course Registration Information

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</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

Workout to Win!

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

20 Level 2 & All-Inclusive Fitness Members
Monthly Attendance Challenge

swim, skate, walk, run, exercise

NEW! Celebrate your success!

Speak with our certified Personal Trainers for more information.