



50% or more of class is a 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.

Group Fitness Drop-in Fees*

Up to 60 minutes: \$8.48 75 minutes: \$10.60

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

Strength

Teen Weight Training

This 4-hour program will give teens the tools to create a safe workout routine. The class covers equipment orientations, education on safe fitness programs, training techniques, and fitness centre etiquette. Youth between the ages of 13-17 must successfully complete the course in order to use City of Oshawa fitness centres. The minimum purchase of a one month child/youth Level 2 membership is required to register for this course unless participants are already part of a family Level 2 membership.

Age: 13 to 17 years

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

AB Attack 💰

This class will take you to the next level by adding standing functional core training to traditional floor ab exercises to give you a vigorous core strengthening experience.

Age: 15 years+

Venue: Delpark Homes Centre, South Oshawa Community Centre

BodyMAX 💰

A cardio-free, total body strength training program, using weights, bands, fit balls, core boards and bosus.

Age: 15 years+

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

Glutes Galore, Core & More! 🙌💰

This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, body bars, and gliders.

Age: 15 years+

Venue: Delpark Homes Centre, Northview Community Centre, South Oshawa Community Centre

Kettlebell 🙌💰

This class combines cardio and resistance training to burn fat using kettlebells. You perform repetitive movements to create muscular endurance resulting in long and lean muscles. The Kettlebell Row, Jerk, and Windmill will be used to build shoulder flexibility and stability.

Age: 15 years+

Venue: Civic Recreation Complex

Mix It UP 💰

Not sure which class to try? Here's your opportunity to experience a variety of class formats. Instructors choose from Easy Fit, Cardio Sculpt, Body Max, 50 & Better and more. Something different almost every week.

Age: 15 years+

Venue: Civic Recreation Complex

Osteo Fit 🙌💰

This class safely tones and strengthens your muscles with gentle aerobics and stimulating resistance training. Improve your bone density while you improve your fitness level.

Age: 15 years+

Venue: Civic Recreation Complex, Delpark Homes Centre

Course Registration Information

Course	Age	# Classes	Day	Dates	Time	Venue	Course ID	Price
Strength								
Teen Weight Training	13-17 yr	1	Sun	Jan 12	1:00pm - 5:00pm	SOCC	14926	-
Teen Weight Training	13-17 yr	1	Sat	Jan 18	12:00pm - 4:00pm	CRC	15704	-
Teen Weight Training	13-17 yr	1	Sat	Jan 25	2:00pm - 6:00pm	DEL	15257	-
Teen Weight Training	13-17 yr	1	Sun	Jan 26	2:00pm - 6:00pm	DEL	15258	-
Teen Weight Training	13-17 yr	1	Sat	Feb 01	12:00pm - 4:00pm	CRC	15705	-
Teen Weight Training	13-17 yr	1	Sun	Feb 09	1:00pm - 5:00pm	SOCC	14927	-
Teen Weight Training	13-17 yr	1	Sat	Feb 15	12:00pm - 4:00pm	CRC	15706	-
Teen Weight Training	13-17 yr	1	Sat	Feb 22	2:00pm - 6:00pm	DEL	15259	-
Teen Weight Training	13-17 yr	1	Sun	Feb 23	2:00pm - 2:55pm	DEL	15260	-
Teen Weight Training	13-17 yr	1	Sun	Mar 01	1:00pm - 5:00pm	SOCC	14929	-
Teen Weight Training	13-17 yr	1	Sun	Mar 08	2:00pm - 6:00pm	DEL	15710	-
Teen Weight Training	13-17 yr	1	Sat	Mar 14	12:00pm - 4:00pm	CRC	15707	-
Teen Weight Training	13-17 yr	1	Sat	Mar 21	1:00pm - 5:00pm	SOCC	14928	-
Teen Weight Training	13-17 yr	1	Sat	Mar 28	2:00pm - 6:00pm	DEL	15261	-
Teen Weight Training	13-17 yr	1	Sun	Mar 29	2:00pm - 6:00pm	DEL	15262	-
AB Attack	15 yr +	13	Tue	Jan 7 - Mar 31	6:00pm - 6:30pm	DEL	14779	\$48.75
AB Attack	15 yr +	13	Wed	Jan 8 - Apr 1	7:30pm - 8:00pm	SOCC	14733	\$48.75
AB Attack	15 yr +	13	Wed	Jan 8 - Apr 1	8:30pm - 9:00pm	NCC	16238	\$48.75
AB Attack	15 yr +	13	Thu	Jan 9 - Apr 2	10:00am - 10:30am	DEL	14780	\$48.75
AB Attack	15 yr +	13	Thu	Jan 9 - Apr 2	6:30pm - 7:00pm	DEL	14781	\$48.75
AB Attack	15 yr +	13	Fri	Jan 10 - Apr 3	9:30am - 10:00am	DEL	14784	\$48.75
BodyMAX	15 yr +	12	Sat	Jan 4 - Mar 28	9:30am - 10:25am	CRC	15235	\$90
BodyMAX	15 yr +	13	Tue	Jan 7 - Mar 31	9:30am - 10:25am	DEL	14777	\$97.50
BodyMAX	15 yr +	13	Tue	Jan 7 - Mar 31	6:30pm - 7:25pm	SOCC	14731	\$97.50
BodyMAX	15 yr +	13	Wed	Jan 8 - Apr 1	9:30am - 10:25am	DEL	14778	\$97.50
BodyMAX	15 yr +	12	Mon	Jan 6 - Mar 30	6:30pm - 7:25pm	DEL	14776	\$90
Glutes Galore + Core and More!	15 yr +	13	Thu	Jan 9 - Apr 2	9:00am - 9:30am	NCC	15635	\$48.75
Glutes Galore + Core and More!	15 yr +	13	Thu	Jan 9 - Apr 2	7:30pm - 8:00pm	SOCC	14735	\$48.75
Glutes Galore + Core and More!	15 yr +	13	Fri	Jan 10 - Apr 3	10:00am - 10:30am	DEL	14783	\$48.75
Kettlebell	15 yr +	12	Mon	Jan 6 - Mar 30	9:30am - 10:25am	CRC	15207	\$90
Mix it Up	15 yr +	13	Wed	Jan 8 - Apr 1	9:30am - 10:25am	CRC	15222	\$97.50
Mix It Up	15 yr +	13	Thu	Jan 9 - Apr 2	4:30pm - 5:25pm	CRC	15229	\$97.50
Osteo Fit	15 yr +	12	Mon	Jan 6 - Mar 30	11:30am - 12:25pm	DEL	14773	\$90
Osteo Fit	15 yr +	13	Tue	Jan 7 - Mar 31	10:35am - 11:30am	CRC	15219	\$97.50
Osteo Fit	15 yr +	13	Wed	Jan 8 - Apr 1	11:30am - 12:25pm	DEL	14774	\$97.50
Osteo Fit	15 yr +	13	Fri	Jan 10 - Apr 3	10:35am - 11:30am	CRC	15234	\$97.50
Osteo Fit	15 yr +	13	Fri	Jan 10 - Apr 3	11:30am - 12:25pm	DEL	14775	\$97.50

CRC - Civic Recreation Complex
SOCC - South Oshawa Community Centre

DEL - Delpark Homes Centre

DRC - Donevan Recreation Complex

NCC - Northview Community Centre