

## Renfrew Park Community Centre

# Aerobics Schedule

2929 East 22<sup>nd</sup> Avenue (at Renfrew Street)

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### Schedule Effective January 4 - April 1, 2010

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday | Sunday |
|--|---|--|--|--|----------|--------|
| 9:00-10:00 am<br><b>TBC</b><br>with Alex<br>Room 110     | 9:00-10:00 am<br><b>Hi-Lo</b><br>with Sharon<br>Gymnasium                   | 9:00-10:00am<br><b>TBC</b><br>with Alex<br>Gymnasium                                   | 9:00-10:00 am<br><b>Hi-Lo</b><br>with Sharon<br>Gymnasium                    | 9:00-10:00 am<br><b>Step Sculpt</b><br>with Sharon<br>Gymnasium    |          |        |
| 3:30-4:30pm<br><b>Osteofit</b><br>with Susan<br>Room 110 | 10:10-11:10am<br><b>Osteofit</b><br>with Berdjis<br>Room 110                |  | 10:10-11:10 am<br><b>Total Fitness-<br/>Mild</b><br>with Sharon<br>Gymnasium | 10:00-10:50 am<br><b>Easy Exercise</b><br>with Maureen<br>Room 110 |          |        |
|  | 10:10-11:10 am<br><b>Total Fitness-<br/>Mild</b><br>With Kathy<br>Gymnasium | <b>Osteofit<br/>Mon &amp; Tue</b><br>See page 29 in our brochure for more information. |  |  |          |        |
| 7:00-8:00 pm<br><b>Zumba</b><br>with Jhoely<br>Gymnasium | 6:00-7:00 pm<br><b>Step Sculpt</b><br>with Janessa<br>Room 110              | 7:00-8:00 pm<br><b>Zumba</b><br>With Jhoely<br>Gymnasium                               | 7:05-8:05 pm<br><b>Cardio Fit</b><br>with Erin<br>Gymnasium                  |  |          |        |

### Class Descriptions

|   |  |
|---|--|
| <b>Zumba</b>  | Zumba is a fusion of Latin and International music- dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt he body. The easy-to-follow steps are fun and designed for everyone at any fitness level. |
| <b>TBC- Total Body Conditioning</b>   | A total body workout integrating both strength and cardio in an interval format. This class mixes plyometrics, circuit training, weights, bands, steps and much more   |
| <b>Step &amp; Sculpt</b>  | A combination of cardio and strength training to increase muscular tone and strength.  |
| <b>Hi-Lo</b>  | A beginner/moderate class including warm-up, 20 minutes cardio, strength- work with weights & hands then finishing with stretch & relaxation.  |
| <b>Cardio Fit</b>   | High and low impact moves are combined to create this moderate cardio class. Strength conditioning and stretch follow the cardio segment.  |
| <b><i>Total Fitness, Easy Exercise &amp; Osteofit are geared to seniors but adults are welcome.</i></b> |  |
| <b>Total Fitness</b>  | A mild to moderate class for seniors and people starting fitness activities. It has warm-up, aerobic, cool down, stretch and strength components.  |
| <b>Easy Exercise</b>  | This is an easy to follow class with chair work followed by use of resistant bands, light hand weights, low impact cardio and flexibility training.  |
| <b>Osteofit</b>   | The classes focus on improving strength, posture, balance and agility, through the use of functional exercises, agility activities, resistance training and appropriate stretches.   |

| Aerobics Fees (GST inc)                  | Youth (13 - 18 yrs) | Adult (19 - 65 yrs) | Senior (65+) |
|--|---------------------|---------------------|--------------|
| <b>Drop-in</b>                           | \$2.25              | \$4.00              | \$2.25       |
| <b>10 Class Card</b>                     | \$20.00             | \$34.00             | \$20.00      |
| <b>FallPass<br/>(Jan 4-+Apr 1, 2010)</b> |                     | \$130.00            |              |