



Fall 2019

FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	CYCLE & STRENGTH 6:15AM-7:00AM	TRX® H.I.I.T. 6:15AM-7:00AM	CYCLE & STRENGTH 6:15AM-7:00AM	X CREATE 6:15AM-7:00AM GENTLE YOGA (Starts October 3rd) 6:15AM-7:00AM	STRENGTH FIT 6:15AM-7:00AM		
7AM	CYCLE & STRENGTH 7:30AM-8:15AM	GENTLE YOGA 7:15AM-8:15AM	GENTLE YOGA 7:15AM-8:15AM		CYCLE & STRENGTH 7:30AM-8:15AM		
8AM	CYCLE & STRENGTH 8:30AM-9:15AM TRX® 8:30AM-9:15AM	GENTLE FIT TRX® 8:00AM-8:30AM	CYCLE & STRENGTH 8:30AM-9:15AM TRX® 8:30AM-9:15AM	GENTLE FIT 8:00AM-8:30AM	CYCLE & STRENGTH 8:30AM-9:15AM TRX® 8:30AM-9:15AM	ACTIVE YOGA 8:30AM-9:30AM	
9AM	AQUA ZUMBA® 9:00AM-9:45AM GENTLE YOGA 9:30AM-10:15AM X CREATE 9:30AM-10:15AM	AQUA FIT 9:00AM-9:45AM ACTIVE YOGA 9:30AM-10:30AM X CREATE 9:30AM-10:15AM	AQUA FIT 9:00AM-9:45AM CYCLE & STRENGTH 9:30AM-10:15AM	AQUA FIT 9:00AM-9:45AM TRIPLE THREAT 9:30AM-10:15AM	AQUA ZUMBA® 9:00AM-9:45AM PILATES 9:30AM-10:15AM TRX® 9:30AM-10:15AM		STRONG BY ZUMBA® 9:30AM-10:15AM
10AM	FOREVER FIT 10:30AM-11:15AM	GENTLE CHAIR YOGA 10:45AM-11:30AM	FOREVER FIT 10:30AM-11:15AM	GENTLE YOGA 10:30AM-11:45AM	ZUMBA® 10:30AM-11:15AM	TRX® 10:00AM-10:45AM	TAI CHI 10:30AM-11:45AM
12PM	AQUA FIT 12:00PM-12:45PM STRENGTH FIT 12:10PM-12:45PM X CREATE 12:10PM-12:45PM	AQUA ZUMBA® 12:00PM-12:45PM KETTLEBELL AMPD (Gym) 12:10PM-12:45PM	HYDROTHERAPY 12:00PM-12:45PM ACTIVE YOGA 12:10PM-12:45PM TRX® H.I.I.T. 12:10PM-12:45PM	AQUA FIT 12:00PM-12:45PM ZUMBA® 12:10PM-12:45PM X CREATE 12:10PM-12:45PM	AQUA FIT 12:00PM-12:45PM H.I.I.T. (Gym) 12:10PM-12:45PM		ZUMBA® 12:00PM-1:00PM
4PM		ZUMBA® 4:30PM-5:15PM	GENTLE YOGA 4:30PM-5:15PM	ZUMBA® 4:30PM-5:15PM			
5PM	LOUD CYCLE 5:30PM-6:15PM	STRENGTH FIT 5:30PM-6:15PM	CYCLING 5:30PM-6:15PM	GENTLE YOGA 5:30PM-6:30PM	BOX FIT 5:30PM-6:15PM		
6PM		X-CREATE 6:00PM-6:45PM		X-CREATE 6:00PM-6:45PM	ACTIVE YOGA 6:30PM-7:30PM		
7PM		AQUA FIT 7:15PM-8:00PM		AQUA DEEP 7:15PM-8:00PM			



Aqua Fitness



Class Sign Up Required

Personal Training

Do you need extra motivation to work out? If so, check out our Personal Training packages! A certified trainer will work with you to set goals and help you achieve those goals in a safe and timely manner. Inquire at Membership Services!



FITNESS

DROP-IN CLASSES

Active Yoga

Connect inward and use the breath to stay strong and centered as you move through poses that will strengthen, balance and awaken you.

Forever Fit

This class includes cardio, strength and flexibility and is designed to gradually increase participants' fitness level.

Gentle Yoga

A gentle and restorative yoga class aimed at reducing stress and calming while gradually strengthening and stretching the body. Class may include meditation.

Gentle Chair Yoga

Great to anyone looking to tap into the subtler benefits of yoga, or for those who would enjoy the stability offered in this seated class.

Gentle Fit

Join us for a fun and friendly morning workout. Designed for those wanting to ease into a fitness routine and improve current fitness levels. Exercise intensity progresses over time.

Triple Threat

Cardio, strength, and flexibility in one class! This fast paced workout allows you to sample a little bit of everything.

Core Fit

Challenge the core with this intense workout featuring exercises that target the muscles of the core.

H.I.I.T.

High intensity interval training has become a popular way to burn more fat, improve endurance and build strength. Challenge yourself to reach new heights.

Kettlebell AMPD

Combines heart pumping music with your favorite kettlebell moves. Each class includes a total body workout that is fun and motivating.

Pilates

A mat-based workout designed to improve flexibility and core strength.

Strength Fit

Using a variety of equipment such as dumbbells and kettlebells, you will work all of your major muscle groups to increase total body strength.

Tai Chi

Traditional Yang style exercise to improve balance, strength, flexibility and endurance.

Zumba®

A fusion of Latin, international and everyday music, this class will have you moving in ways you never imagined! Ditch the workout and join the party.



FITNESS

CLASS SIGN-UP REQUIRED CLASSES

**you may sign-up for these classes in person at Membership Services up to 30 minutes prior to class start time.*

Cycling

This is a motivating cycling workout that features drills that simulate different terrain such as flat terrain and hills. The class concludes with a great stretch.

Cycle & Strength

Combine short, high intensity cycling drills with total body strengthening exercises. This is an ideal total body workout.

X CREATE

In our new functional fitness training area. This class will include a variety of challenging exercises using TRX, kettlebells, medicine balls, battle ropes and more!

Gentle Fit TRX®

A gentle TRX workout designed for those wanting to ease into TRX classes and progress gradually.

Loud Cycle

Featuring loud music and bright lights, this motivating cycling class is the perfect way to kick off your week!

TRX®

Use your body as a machine! This is a great whole body workout focusing on functional strength, flexibility, balance and core strength.

TRX® H.I.I.T.

Take your TRX® training to a new level with TRX® H.I.I.T.! This high intensity class is sure to push you to the limit and improve functional strength.

STRONG by Zumba®

This is a high intensity interval training program that combines body weight, muscle conditioning, cardio, and plyometric training moves. Every squat, every lunge, every burpee is driven by and synced to original music that has been specifically designed to match every single move, helping you make it to that last rep, and maybe even five more.

BOX FIT

Release your frustrations in our new Box Fit class. New this season, Box Fit is a fun fitness class inspired by the sport of Kick Boxing. Improve your cardio and endurance through various drills. Kicks, jabs, cross, hooks, and more!

AQUATIC CLASSES

Aqua Fit

Use water resistance and buoyancy to strengthen muscles and cardiovascular capacity in an easy on the joints way. Modifications will be provided for participants to increase or decrease exercise intensity depending on individual goals.

Aqua Deep

Use water resistance and buoyancy in the deep-end of the pool to strengthen muscles and cardiovascular capacity in an easy on the joints way. Shallow-end participation is also welcomed.



FITNESS

AQUATIC CLASSES CONTINUED

Aqua Zumba®

A fusion of Latin, international and everyday music, this class will have you moving in ways you never imagined! Ditch the workout and join the party in the pool!

Hydrotherapy

Rehabilitative exercises at your own pace. Anyone with bone or joint conditions or mobility challenges is welcome to participate.

REGISTRATION REQUIRED CLASSES

Ballroom & Latin Dancing

Beginner participants will be introduced to basic figures of the triple swing, chacha, merengue, waltz and foxtrot. Registration limited to 4 women, without partners. The advanced class is aimed at the experienced dancer. Please call instructor Robert Masih to register!

Cost

\$20 + HST for members

\$160 + HST for non-members

Beginner

Mondays 8:00pm-9:30pm

Starts Monday, September 9th
(12 weeks)

Advanced

Mondays 6:30pm-8:00pm

Starts Monday, September 9th
(12 weeks)

Learn to Run Clinic

9 week learn to run clinic coinciding with Sudbury's resolution 5k run on December 31st.

Starts Tuesday, October 22nd

6:00pm—7:00pm



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Personal Training Prices

6 sessions: \$265

12 sessions: \$500

24 sessions: \$960

Fitness Assessments

Body Composition Analysis

\$25 includes the following:

- Body weight
- Measurements
- Waist to hip ratio
- Body fat analysis

Fitness Testing

\$25 includes the following:

- Cardiovascular Capacity
- Flexibility
- Muscular endurance