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TOWN OF AURORA
 Aurora Family Leisure Complex

Group Fitness Class Schedule
April 1 to 30, 2019



Please see Easter Holiday Flyer (April 19 to 22) for operating hours and modified class schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 to 7 a.m. PiYo®	6 to 7 a.m. Chisel	6 to 6:45 a.m. Cycle	6 to 7 a.m. Chisel	6 to 6:45 a.m. Cycle		
8 to 8:45 a.m. Cycle				8 to 8:45 a.m. Cycle	8 to 8:45 a.m. Cycle	
8:55 to 9:40 a.m. Cycle	8:55 to 9:40 a.m. Cycle	8 to 8:45 a.m. Cycle			8:15 to 9:15 a.m. Chisel-GYM	8:30 to 9:30 a.m. Cardio Sizzle/Chisel-GYM
9 to 10 a.m. W.O.D.	9 to 10 a.m. Muscle Fusion	9 to 10 a.m. RIP		9 to 10 a.m. H.E.A.T.-GYM		
	9:15 to 10:15 a.m. Zumba®-GYM	9 to 9:45 a.m. Strictly Beg. Cycle (PR) March 20 to June 19	9:15 to 10:15 a.m. Low Impact	9:30 to 10:30 a.m. Yoga Stretch – LOFT	9:25 to 10:25 a.m. INSANITY®	9:15 to 10 a.m. Cycle
		9:30 to 10:30 a.m. Yoga Stretch – LOFT				
	10:30 to 11 a.m. Silver Spinners (PR) March 19 to June 18	10:15 to 11:15 a.m. NIA	10:30 to 11 a.m. Silver Spinners (PR) March 21 to June 20	10:15 to 11:15 a.m. NIA	10 to 11 a.m. Zumba® - Prg. Rm C.	9:40 to 10:40 a.m. Yoga Fitness
10:30 to 11:30 a.m. Boomer ABC's-GYM	10:30 to 11:30 a.m. Osteo Fitness-GYM	10:30 to 11:30 a.m. Boomer ABC's-GYM	10:30 to 11:30 a.m. Osteo Fitness		10:35 to 11:35 a.m. Chisel	10:50 to 11:50 a.m. Zumba®
10:45 to 11:45 a.m. Yoga Stretch – LOFT		10:45 to 11:45 a.m. Yoga Stretch – LOFT				
12:15 to 1 p.m. Boot Camp	12:15 to 1 p.m. RIP	12:15 to 1 p.m. Tabata Fusion April 3 - Gym	12:15 to 1 p.m. RIP	12:15 to 1 p.m. Zumba®	 Heart Wise Exercise®: Please see the current issue of the Community Services Program Guide for Heart Wise approved classes.	
5:30 to 6:15 p.m. Chisel		5:30 to 6:15 p.m. Chisel		2 to 3 p.m. Mom & Baby Yoga (PR) March 22 to June 14		PLEASE NOTE: Classes are on a first come first basis. Our best effort is made to provide you with the most accurate information at the time of printing. However, schedules are subject to change. We reserve the right to withdraw, postpone, cancel or combine classes, limit registration or change instructors. Please check with Reception for any changes. Late Policy in effect. A 5-minute grace period enforced for late comers, after which, entry may be denied.
6:25 to 7:25 p.m. Cardio Mix	6:25 to 7:25 p.m. Cardio Sizzle/Chisel	6:25 to 7:25 p.m. Zumba®	6:25 to 7:25 p.m. Cardio Sizzle/Chisel	6:15 to 7 p.m. Cycle		
7:30 to 8:15 p.m. Cycle	7:30 to 8:15 p.m. Cycle	7:35 to 8:35 p.m. Yoga Stretch	7:30 to 8:15 p.m. Cycle			
7:35 to 8:35 p.m. Yoga Stretch		8 to 8:45 p.m. Cycle	7:35 to 8:35 p.m. Yoga Fitness			

PR = Registered Programs. These programs will be cancelled 7 days prior to the start date if insufficient registration is received.

Revised **Wednesday, April 03, 2019**

Group Class Descriptions – April 1 to 30, 2019

<p>BOOMER ABC'S (<i>Abs, Balance, and Conditioning</i>): Geared to the baby boomer who has been exercising for a while, this fitness class will feature cardiovascular & muscle conditioning as well as core strengthening, balance and stretch work.</p>	<p>OSTEO FITNESS: This one-hour class uses weight-bearing activities with light weight training to improve and maintain your bone density and fitness level (previously Osteo/Weights)</p>										
<p>BOOT CAMP: This class will challenge you with circuit training, weight training, ball sculpting, obstacle training, running/power walking and improved stretching techniques. Improve your strength, conditioning, agility and balance as well as your overall fitness.</p>	<p>PiYo®: This is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm.</p>										
<p>CARDIO MIX: Build your cardio endurance and overall strength in this fun energetic class using a blend of cardio class formats. Geared to all fitness levels.</p>	<p>POUND®: Pound is a full body "jam session" inspired by drumming. Using lightly weighted exercise drumsticks, it combines elements of strength, Pilates and Plyometrics with easy to follow choreography and popular music for a fun, heart pumping, total body "Rockout!Workout!" ▲</p>										
<p>CARDIO SIZZLE & CHISEL: A combination class of cardio activities and muscle conditioning exercises that will put a sizzle in your workout and help improve your strength and definition.</p>	<p>RIP®: A barbell program for men and women of all ages. The routines cater to all fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses, and bicep curls.</p>										
<p>CHISEL: A total body muscle conditioning class that will work your body from head to toe using a variety of equipment. Suitable for all fitness levels (previously Sculpt or Body Sculpt).</p>	<p>SUNRISE YOGA - Start your day out right with a good stretch and a calm mind. Gradually warm the body and awaken the mind in this energizing class. Designed with Hatha Yoga principles, this class is suitable for all fitness levels. Sunrise Yoga will give you energy and focus to last throughout your day.</p>										
<p>CYCLEFIT: Build stamina, burn fat and strengthen your lower body. Cyclefit offers a challenge to participants from beginner to athlete. Ride your way to improved fitness.</p>	<p>TABATA FUSION: This high intensity interval training class will focus on combinations of strength and cardio intervals using multiple exercises including cardio and body weight drills and weights. This class is the perfect fusion of strength and cardio to ensure that you get a full body workout.</p>										
<p>H.E.A.T. (<i>High Energy Athletic Training</i>): This class uses exercises in an interval format with higher and lower intensity levels, incorporating cardiovascular, strength and flexibility training. All fitness levels are welcome. Come feel the HEAT.</p>	<p>W.O.D: stands for 'Workout of the Day', that caters to all levels of fitness. The 'WOD' is a combination of body weight, cardiovascular, and functional strength training exercises. Each participant <i>works at their own level of fitness</i> and will be coached to complete their own personal best 'WOD' each week. Come out, get motivated and add some variety to your workout!</p>										
<p>INSANITY: This class is a high-intensity interval training, total-body conditioning program that is a pre-designed, athletic, drill-based, interval workout. Each class can accommodate all fitness levels because each move can be modified in various ways to decrease or increase the challenge.</p>	<p>YOGA STRETCH: This class is for those who want to improve their overall flexibility, relieve the day's stress and leave feeling relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Iyengar or Vinyasa principles. Hatha Yoga classes can be found in the current issue of the <i>Community Services Program Guide</i>.</p>										
<p>LOW IMPACT: This fitness program includes warm-up, cardiovascular, muscle conditioning and a relaxing cool down</p>	<p>YOGA FITNESS: This class blends traditional Hatha yoga practice with western/modern exercise science to create an accessible, safe and inclusive yoga style that is suitable for most individuals. Combining elements of both Hatha and Vinyasa styles, this class focuses on improving strength, flexibility as well as developing a mind-body connection.</p>										
<p>MUSCLE FUSION: an intermediate dynamic class that combines strength, agility, balance and core exercises to improve your functional fitness level.</p>	<p>ZUMBA® FITNESS; Zumba fitness fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic work out that will blow you away!</p>										
<p>NIA: Neuromuscular Integrative Action encompasses the best of dance, martial arts, yoga and healing arts philosophies from the East and West.</p>	<p>Classes identified with this symbol ▲ are not running within this month.</p>										
<p>FITNESS CLASS FEES* (all fees include HST)</p> <table border="0"> <tr> <td>Adult single ticket</td> <td>\$7.80</td> <td>Older Adult^ single class</td> <td>\$6.05</td> <td>^ Age 55 plus</td> </tr> <tr> <td>Adult ten tickets</td> <td>\$60.95</td> <td>Older Adult^ ten tickets</td> <td>\$47.90</td> <td>^ Age 55 plus</td> </tr> </table> <p>❖ Prices subject to change effective February 1, 2019</p>	Adult single ticket	\$7.80	Older Adult^ single class	\$6.05	^ Age 55 plus	Adult ten tickets	\$60.95	Older Adult^ ten tickets	\$47.90	^ Age 55 plus	<p>PLEASE NOTE: Our best effort is made to provide you with the most accurate information at the time of printing. However schedules are subject to change. We reserve the right to withdraw, postpone, cancel or combine classes, limit registration or change instructors. Please check with Reception for any changes.</p> <p>Late Policy in effect. A 5 minute grace period enforced for late comers, after which, entry may be denied.</p>
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