



Fitness Pass

Program Descriptions

How it Works: Purchase a membership pass of 10, 20 or 30 visits. Use membership card and swipe for admission to class(es) at facility reception desk. If you are a current membership cardholder, replenish passes as required.

Daily Drop-in Available - Bring a friend and try a class!
Fitness Passes are non-refundable and non-transferable.

Adventure & Obstacle Race Bootcamp

This bootcamp will prepare you to compete in the various challenges and obstacles that one may find in adventure race or mud run. Participants will immerse themselves in an all-around intensified training that will help build the muscle strength and endurance to successfully complete races or runs taking place throughout the season.

Balance Ball

Do you want to become lean and fit? Join us on Saturday mornings for a great balance ball and weight workout with the bonus of some aerobics. For all ages and different fitness levels. Bring your own balance ball or one can be provided to you (*equipment is limited*).

Cardio Bootcamp

A fun, high energy one hour cardio and strength training class involving circuit/interval training, running drills, muscle conditioning, and exercises using your body weight and different equipment will give your body an all-over workout. Anyone can do this class from beginner to advanced as all exercises can be modified. Every class is different so you never get bored. *No special equipment needed.*

Cardio Chisel & Sizzle

Feel the heat as you chisel your way to a stronger you! This class includes a combination of cardio activities and muscle conditioning exercises that will be sure to put a sizzle in your workout and help improve your strength and definition. Great for all fitness levels, instructor provides modified variations of each exercise as you build your way to success! *Note: Bring an exercise mat or borrow one from the instructor.*

High Intensity Interval Training (HIIT)

High Intensity Interval Training (HIIT) is fun, blasts calories, and moves so quickly that it's hard to get bored! No matter if your goal is fat loss, muscle gain, or athletic performance, high-intensity interval training can help you achieve your goals. Geared towards all skill levels, participants alternate between short periods of intense exercise with less intense recovery periods. *No special equipment required.*

Get your Pass Today!

Daily \$9 +HST
10x Pass \$75 +HST
20x Pass \$142 +HST
30x Pass \$200 +HST



Flow Yoga

Designed for those who have a strong understanding of yoga movement and technique. The focus of this class is to maintain awareness and focus on breath while moving through a sequence of postures that will flow together to unite the body, breath and mind. This is a faster paced program where postures may be held for longer periods of time. *Note: Please bring an exercise mat – this class is for the more advanced participant.*

Stroller Fit

Push those post-pregnancy pounds out of your life with a fun, stroller-based workout you can do while spending time outside with your baby. Stroller fit includes a variety of drills that focus on strength, power, agility, balance and cardio as well as rehabilitation of your core and addressing any concerns you may have about your post-baby body. As an added BONUS Meet other new moms while doing something positive for yourself! Here's what you'll need; a stroller (any type), towel or mat, water bottle, any snacks/ toys your little one may need. *Note: Stroller Fit continues year round and will move inside to the Georgina Ice Palace Hall in the Fall and Winter sessions.*

Zumba®

Zumba® has become one of the fastest growing Latin dance-inspired fitness crazes in North America and has reached far and wide across the world. People of all ages are falling in love with its infectious music, energetic dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggaeton and other Latin beats.



Zumba® Toning

Take your Zumba® experience to the next level! Zumba® Toning utilizes muscle toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba®Basics. The toning and sculpting exercises either use body resistance movements (for example, lunges and/or squats) and/or we utilize Zumba® Toning sticks or lightly weighted dumbbells for added resistance. All routines feature interval training sessions which are currently recognized as one of the best ways to burn fat. *Note: Toning sticks and hand weights are provided.*