



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.

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*).

Body Blast

Body Blast is a full body, high-intensity cardio based workout with tons of options that cater to all fitness levels. Using interval training through plyometric movements to build strength and endurance while simultaneously sculpting muscle and blasting away body fat. If you want results, this is the class for you!

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.*

Yoga: Baby & Me

Allow your body to regain its strength and stamina while you incorporate and bond with your baby in a safe and supportive environment. This course will focus on post-natal stretching and strengthening, along with posture and stress relief movements that incorporate baby. Babies must be pre-crawling to attend. *Note: This is a floor-based program.*

Get your Pass Today!

Daily \$9 +HST

10x Pass \$80 +HST

20x Pass \$150 +HST

30x Pass \$210 +HST



Flow Yoga: Level 1

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.*

Yoga: Slow Flow (Level 1-2)

For those newer to yoga or those wanting a basic or slower flow yoga class. Introduction to foundational yoga postures, traditional breathing techniques and how to feel more comfortable when practising yoga. This is a slower paced, but both mentally and physically challenging class. *Note: Little to no yoga experience is required.*

Yoga: Vinyasa (Level 3)

Designed for those who have a strong understanding of yoga movement and technique. Maintain awareness and focus on breathing 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: for the more advanced participant.*

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.



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.*

Fit Flow

This class is designed to deliver the best of both worlds. High intensity interval training for the first 30 minutes followed by 30 minutes of guided yoga to bring you to a blissful relaxed state. *Note: all levels are welcome and modified movements will be offered for all levels and abilities. Please bring your own exercise mat.*

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.*