

# GETFIT 2016

## Running Track Bootcamp

This class is an intense, make-yourself-sweat workout for all fitness levels that challenges your muscular and cardio strength, as well as your endurance through dynamic exercise at the CRA running track.

March 2 - April 25

Mon. & Wed.; 7- 8pm

\$70/ 7 week session; or

\$7 drop-in; or **Free with Membership!**

No Classes March 28, 30 & April 27

## Step Aerobics

Take your cardio workout to the max! This upbeat and energetic step class will challenge your endurance, strength and coordination by taking you through a series of choreographed routines. All ages and ability levels welcome!

At Holy Family Academy School!

March 3 - April 28th

Tues. & Thurs.; 5:45 - 6:45pm

\$75/ 7 week session; or \$7 drop-in; or

**Free with Membership!**

No Classes March 29 & 31

## Dance Fitness

This is a great class for people of all ages and abilities. Our instructor incorporates a variety of dance styles and moves and combines them in a fun way that makes you forget it's exercise.

At Holy Family Academy School!

March 2 - April 27

Mon. & Wed.; 6pm - 7pm

\$75/ 6.5 week session; or \$7 drop-in;

or **Free with Membership!**

No Classes March 28 & 30

## Total Body Workout - New!

This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve cardio strength and endurance. Be ready to break a sweat at the CRA!

March 2 - April 25

Mon. & Wed.; 9 - 10am

\$70/ full session; or \$7 drop-in; or

**Free with Membership!**

No Classes March 28, 30 & April 27

## Yoga - "Gentle Flow"

A calming, stress-relieving yoga class to stretch and strengthen the body. Emphasis is on building awareness of the breath and the body. The yoga postures are practiced at a slower pace with attention to alignment and detail. This slower paced yoga flow is suitable for beginners or for more experienced yogis who would like to slow down and deepen their practice.

At Holy Family Academy School!

March 8 - April 19

Tues; 7:30 - 8:30pm

\$50.00/ 7 week session; or **Free with membership!**

## Yoga - "Yoga for Well-Being"

An accessible mixed level flow offering variations and modifications so participants can work at their desired level and within the limits of individual flexibility and strength.

At Holy Family Academy School!

March 10 - April 21

Thurs.; 7:30 - 8:30pm

\$50.00/ 7 week session; or **Free with membership!**

## Senior Water Fitness

This class is great for all seniors, whether looking for a class that's easy on joints and muscles, or a good opportunity to catch up with friends. This class is fun, social and a great exercise!

September - June

Mondays, Wednesdays & Fridays;

3:00 - 4:00pm

Regular admission/membership fees apply

## Shallow & Deep Water Fitness

Water Fitness is great exercise for people of all ages, fitness levels and abilities. Water workouts are easy on sore joints and muscles while still allowing you to push yourself for a great workout!

**Shallow: Mondays & Wednesdays;**

8:00 - 9:00pm

**Deep: Tuesdays & Thursdays;**

8:00 - 9:00pm

Regular admission/membership fees apply

## Walking Track

If you want a great place to walk, jog or run where you know the terrain will be reliable and the climate is predictable, come to the CRA and use the running track.

Mondays - Fridays; 10:00 - 8:00pm

Wednesday & Friday; 6:30 - 9:00am

\$2.00 or **Free with Membership!**



**2016 New Year Fitness Class Schedule**