

## SEPTEMBER 2017 FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>10</b> NO CLASS	<b>11</b> 9-10 Mom & Tot 10:15-10:45 Seniors @Hall 11-12 Butts & Gutts 3:30-4 After School Crunch  6:30-7 Free Running Group	<b>12</b> 6-7 Morning Fit  <u>5:30-6:30 Kettlebells (pre-registered class)</u>	<b>13</b> 10:30-11:30 Seniors @Lodge	<b>14</b> 6-7 Morning Fit 9-10 Mom & Tot  6:45-7:45 Body Blast	<b>15</b> NO CLASS	<b>16</b> NO CLASS
<b>17</b> NO CLASS	<b>18</b> 9-10 Mom & Tot 10:15-10:45 Seniors @Hall 11-12 Butts & Gutts 3:30-4 After School Crunch  6:30-7 Free Running Group	<b>19</b> 6-7 Morning Fit  <u>5:30-6:30 Kettlebells (pre-registered class)</u>	<b>20</b> 9-10 Mom & Tot 10:30-11:30 Seniors @Lodge 3:30-4 After School Crunch  530-630 Intro to Strength Training 6:30-7 Family	<b>21</b> 6-7 Morning Fit	<b>22</b> NO CLASS	<b>23</b> NO CLASS
<b>24</b> NO CLASS	<b>25</b> 9-10 Mom & Tot 10:15-10:45 Seniors @Hall 11-12 Butts & Gutts 3:30-4 After School Crunch  6:30-7 Free Running Group	<b>26</b> 6-7 Morning Fit  <u>5:30-6:30 Kettlebells (pre-registered class)</u>	<b>27</b> 9-10 Mom & Tot 10:30-11:30 Seniors @Lodge 3:30-4 After School Crunch  530-630 Intro to Strength Training 6:30-7 Family	<b>28</b> 6-7 Morning Fit  6:45-7:45 Body Blast	<b>29</b> NO CLASS	<b>30</b> NO CLASS

Schedule available to print @ [www.castor.ca](http://www.castor.ca)

## FITNESS CLASS COSTS, DESCRIPTIONS AND LOCATIONS

\$10/class when you purchase a 10 class punch card for \$100; we also have \$150 monthly passes available.

\$12 drop-in for 1-hour class, \$6 drop-in for 1/2 hour and seniors.

Family Class drop-in is \$12 for adults and \$6 for children/teens; with passes it is \$10 for adults and \$5 for children/teens.

Passes can be purchased at the Castor Recreation Office or from Leanne.

### MORNING FIT – CASTOR COMMUNITY HALL

Get in shape “boot camp” style! Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body and improve cardiovascular stamina, core strength, & flexibility. From circuit-style routines, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant’s body weight, each class brings its own unique challenges. No two classes are the same!

### FREE RUNNING GROUP – CASTOR COMMUNITY HALL

Whether you’re interested in running or walking a race or just to enjoy some company! Will meet at the hall and plan our route weekly. All levels welcome!

### MOM & TOT - CASTOR COMMUNITY HALL

This baby-friendly class allows Mom to get a great workout and attend to baby’s needs at any time. Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other moms in our community.

### BUTTS & GUTTS – CASTOR COMMUNITY HALL

With a different routine each week, this butts and gutts class will shock your body to help define your glutes and abdominal region. This class will be a mix of floor exercises and standing body weight exercises. Cardio, core, and

leg exercises will aid in shredding inches in the mid-section and legs, alongside firming and shaping all of the right places. Great for beginners and older adults!

### AFTER SCHOOL CRUNCH – CASTOR COMMUNITY HALL

Great way to get a full body workout in only 30 minutes! Great for all ages and abilities!

### SENIORS – PAINTEARTH LODGE/COMMUNITY HALL

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level using resistance bands and body weight. Program is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. The workout combines aerobic, flexibility and resistance training with plenty of friendly fun.

### BODY BLAST – CASTOR COMMUNITY HALL

Class provides a variety your body needs to see results by combining cardio with muscle conditioning. Leaving you with a full body workout!

### INTRO TO STRENGTH TRAINING- CASTOR COMMUNITY HALL

If you are new to strength training or simply prefer a less intense workout and looking to lose a few pounds, this is your class! A variety of equipment will be used and modifications will be given.

### FAMILY CLASS – CASTOR COMMUNITY HALL

A chance for families to workout at a low pace in a relaxed and informal atmosphere. This workout combines cardio, strength and core exercise. All levels and ages welcome.

### KETTLEBELL – CASTOR COMMUNITY HALL

Kick your fitness goals into high gear! Exercises that work multiple muscle groups, developing strength and muscular endurance. Kettlebells combined with body weight exercises will leave you with a full body workout! (Must pre-register for this class)