Groupfit (drop-in, no registration required)

- Our instructor led drop-in fitness programs accommodate all fitness levels
- All classes are suitable for young and mature participants
- No classes on July 1 and August 3

Land Fit Classes
(all Land Fit Classes are 50 minutes, schedule begins June 29/09)

	SUN	MON	TUE	WED	THU	FRI	SAT
Tansley Woods – Single Gym							
Cardio Sculpt		6:30pm		6:30pm	12noon		8:30am
Muscle Conditioning			9:15am 7:00pm		9:15am 7:00pm		
Walk/Tone/ Stretch		9:15am	12noon	9:15am		9:15am	
Brant Hills Community Centre							
Cardio Sculpt			7:00pm		7:00pm		

Aquafit Classes
(all Aquafit classes are 45 minutes, schedule begins June 29/09)

	SUN	MON	TUE	WED	THU	FRI	SAT
Aldershot Pool							
Shallow Aquafit		9:00am		9:00am		9:00am	
Centennial Pool							
Shallow Aquafit		11:00am	11:00am	11:00am	11:00am		
Tansley Woods Community Centre							
Shallow Aquafit		9:00am 7:00pm	7:00pm	9:00am 7:00pm	7:00pm	9:00am	9:00am
Deep Aquafit		9:00am 7:00pm		9:00am 7:00pm		9:00am	

Class Descriptions

Cardio Sculpt	Includes a warm up followed by cardiovascular training using a variety of aerobic movements and patterns. Next, the class incorporates hand weights for fabulous toning and sculpting. Finish off with tension reducing stretches.
Muscle Conditioning	Muscle toning, strengthening and stretching will help you sculpt and tone your entire body while gaining flexibility. A must try class for all.
Walk/Tone/ Stretch	A 25 minute aerobic walk around the gym using various arm movements followed by toning, relaxation, breathing and stretching exercises.
Shallow Aquafit	Designed for both swimmers and non-swimmers, this is an excellent workout for aerobic and muscular fitness without the risk that accompanies high impact. Participants will work at their own pace. Safe and effective exercise routines are presented in an easy to follow format with upbeat music.
Deep Aquafit	Try out deep aquafit classes for exercise without impact. Participants wear supplied aqua belts.

SAVINGS		ADULT	SENIOR
	Single Class	$7.21+gst	$5.44+gst
20%	10 Class FitPass	$57.72+gst	$42.86+gst
25%	20 Class FitPass	$108.20+gst	$81.59+gst
30%	40 Class FitPass	$201.99+gst	$135.64+gst
Groupfit Passes are available at all City of Burlington pools. Passes are non-transferable.			