

## MARCH 2017 FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 6am Morning Fit 10:30am Seniors @ Lodge	<b>2</b> 9:30am Senior's @ Lodge  5:30pm Weight Loss & Strength Training 6:30pm Family Class	<b>3</b> 6am Morning Fit 9:30am Mom & Tot 10:45am Seniors @ Hall	<b>4</b> No Classes
<b>5</b> No Classes	<b>6</b> 6am Morning Fit 9:30am Mom & Tot 10:45am Butts & Guts  3:30 After School Crunch(30mins) 5:30pm HIIT	<b>7</b> 9:30am Seniors @ Lodge  7pm HIIT	<b>8</b> 6am Morning Fit 10:30am Seniors @Lodge  3:30 After School Crunch(30mins) 5:30pm HIIT	<b>9</b> 9:30am Mom & Tot  5:30pm Weight Loss & Strength Training 6:30pm Family Class	<b>10</b> 6am Morning Fit 9:30am Seniors @ Lodge 10:45am Seniors @ Hall	<b>11</b> No Classes
<b>12</b> No Classes	<b>13</b> 6am Morning Fit 9:30am Mom & Tot 10:45am Butts & Guts  3:30 After School Crunch(30mins) 5:30pm HIIT	<b>14</b> 6am Morning Fit 9:30am Seniors @ Lodge  7pm HIIT	<b>15</b> 6am Morning Fit 10:30am Seniors @ Lodge  3:30pm After School Crunch (30 mins) 5:30pm Weight Loss & Strength Training 6:30pm Family Class	<b>16</b> No Classes	<b>17</b> No Classes	<b>18</b> No Classes
<b>19</b> No Classes	<b>20</b> No Classes	<b>21</b> 6am Morning Fit  7pm HIIT	<b>22</b> 6am Morning Fit 10:30am Seniors @ Lodge  3:30 After School Crunch(30mins) 5:30pm HIIT	<b>23</b> 5:30pm Weight Loss & Strength Training 6:30pm Family Class	<b>24</b> 6am Morning Fit 9:30am Mom & Tot 10:45am Seniors @ Hall	<b>25</b> No Classes
<b>26</b> No Classes	<b>27</b> 6am Morning Fit	<b>28</b> 9:30am Mom & Tot 10:45am Butts & Guts  3:30pm After School Crunch (30 mins) 7pm HIIT	<b>29</b> 6am Morning Fit  10:30am Seniors @ Lodge 3:30pm After School Crunch (30 mins) 5:30pm HIIT 6:30pm Family Class	<b>30</b> 6am Morning Fit  9:30am Mom & Tot	<b>31</b> No Classes	

## **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 ½ 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!

### **MOM & TOT – HALL CONFERENCE ROOM**

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 & GUTS – CASTOR COMMUNITY HALL**

With a different routine each week, this butts and guts class will shock your body to help define your gluts 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 30minutes! Great for all ages and abilities!

### **SENIORS – PAINT EARTH LODGE/COMMUNITY HALL**

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. 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.

### **HIIT (HIGH INTENSITY INTERVAL TRAINING) – CASTOR COMMUNITY HALL**

This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. Incorporates a variety of exercises and equipment to always keep you on your toes and eager to see what is next!

### **WEIGHT LOSS AND 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.