

## NOVEMBER 2017 FITNESS CLASS SCHEDULE

| Sun                     | Mon  | Tue  | Wed  | Thu   | Fri                     | Sat                     |
|-------------------------|--|--|--|---|-------------------------|-------------------------|
| <b>29</b><br>No Classes | <b>30</b><br>9-10 Mom & Tot<br>10:15-10:45 Seniors @Hall<br>11-12 Butts & Gutts<br><br>6:30-7 Free Running Group | <b>31</b><br>6-7 Morning Fit   | <b>1</b><br>9-10 Mom & Tot<br>10:30-11:30 Seniors @<br>Lodge   | <b>2</b><br><b>FAMERS MARKET</b><br>6-7 Morning Fit<br><br>6-7 Body Blast | <b>3</b><br>No Classes  | <b>4</b><br>No Classes  |
| <b>5</b><br>No Classes  | <b>6</b><br>9-10 Mom & Tot<br>10:15-10:45 Seniors @Hall<br>11-12 Butts & Gutts                                   | <b>7</b><br>6-7 Morning Fit<br><br>5:30-6:30 Kettlebells (pre-<br>registered class)  | <b>8</b><br>9-10 Mom & Tot<br>10:30-11:30 Seniors @<br>Lodge<br><br>530-630 Intro to Strength<br>Training  | <b>9</b><br>6-7 Morning Fit<br><br>6-7 Body Blast                         | <b>10</b> No Classes    | <b>11</b><br>No Classes |
| <b>12</b><br>No Classes | <b>13</b><br>9-10 Mom & Tot<br>10:15-10:45 Seniors @Hall<br>11-12 Butts & Gutts                                  | <b>14</b><br>6-7 Morning Fit<br><br>5:30-6:30 Kettlebells (pre-<br>registered class) | <b>15</b><br>9-10 Mom & Tot<br>10:30-11:30 Seniors @<br>Lodge<br><br>530-630 Intro to Strength<br>Training | <b>16</b><br>6-7 Morning Fit  | <b>17</b><br>No Classes | <b>18</b><br>No Classes |
| <b>19</b><br>No Classes | <b>20</b><br>9-10 Mom & Tot<br>10:15-10:45 Seniors @Hall<br>11-12 Butts & Gutts                                  | <b>21</b><br>6-7 Morning Fit<br><br>5:30-6:30 Kettlebells (pre-<br>registered class) | <b>22</b><br>9-10 Mom & Tot<br>10:30-11:30 Seniors @<br>Lodge<br><br>530-630 Intro to Strength<br>Training | <b>23</b><br>6-7 Morning Fit  | <b>24</b><br>No Classes | <b>25</b><br>No Classes |
| <b>26</b><br>No Classes | <b>27</b><br>9-10 Mom & Tot<br>10:15-10:45 Seniors @Hall<br>11-12 Butts & Gutts                                  | <b>28</b><br>6-7 Morning Fit<br><br>5:30-6:30 Kettlebells (pre-<br>registered class) | <b>29</b><br>9-10 Mom & Tot<br>10:30-11:30 Seniors @<br>Lodge<br><br>530-630 Intro to Strength<br>Training | <b>30</b><br>6-7 Morning Fit<br><br>6-7 Body Blast                        | <b>1</b><br>No Classes  | <b>2</b><br>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 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!

### 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 & GUTS – CASTOR COMMUNITY HALL

With a different routine each week, this butts and guts 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

## 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.

### 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)