

OUTDOOR FITNESS PROGRAMS

Classes are located at the Band Shelter Pavilion in Memorial Park (next to the Park's Shop)

Outdoor Fitness – Boot Camp

This is a complete workout! You will get back to the basics with drills, sprints and body weight exercises that challenge your muscles and improve your endurance. Exercises will be modified for all levels.

Date/Time: Tuesdays 9:30-10:30

Barcode [13008](#) Cancelled

Date/Time: Wednesdays 6:30 – 7:30 pm
Starts August 26 for 6 weeks

Barcode [13009](#)

Fee: \$45.00 + HST

Outdoor Fitness – Cardio Dance

Join us. Easy to follow moves are put together to create a one-of-a-kind fitness program. Have an absolute blast while moving to tunes that energize your body and burn those extra stored up calories. Appropriate for all fitness levels

Date/Time: Thursdays 9:30-10:30 am
Starts August 27 for 6 weeks

Barcode [13011](#)

Date/Time: Saturdays 9:30-10:30am
Starts August 29 for 6 weeks

Barcode [13012](#)

Fee: \$45.00 + HST

Outdoor Fitness - Yoga

This gentle and calming approach to fitness combines strength and flexibility while encouraging proper breathing and relaxation techniques. Class is appropriate for all levels. Bring your own mat.

Day/Time: Mondays 6:30-7:30pm
Starts August 24 for 5 weeks

Barcode [13010](#)

Fee: \$37.50 + HST

Outdoor Fitness – 55+ Strength ‘n’ Core *with Joanne*

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the entire body. Students will see improvements in their balance, build strong lean muscles and improve efficiency of movement and mobility.

Day/Time: Mondays 9:30-10:30 am
Starts August 24 for 5 weeks

Barcode [13017](#)

Fee: \$37.50

Outdoor Fitness – 55+ Yoga *with Wendy*

This gentle and calming approach to fitness combines strength and flexibility while encouraging proper breathing and relaxation techniques. Class is appropriate for all levels and can be adapted to be done seated, standing or on mat. Bring your own mat or chair

Day/Time: Tuesdays 11:00 am – 12:00 noon
Starts September 8 for 4 weeks

Barcode [13013](#)

Fee: \$30.00 + HST

Outdoor – 55+ Tai Chi *with Rosa & Ricky*

This exercise art gently mobilizes your body, stimulating the mind and body and training your balance. Often described as meditation in motion, Tai Chi improves circulation, coordination, muscle tone, flexibility and concentration.

Day/Time: Wednesdays 9:30-10:30 am
Starts August 26 for 6 weeks

Barcode [13014](#)

Fee: \$45.00 + HST

Register at [WS Play Online](#)

* Class numbers will be limited so that physical distancing can easily be maintained.