

EXERCISE CLASSES SUMMER 2025

***Please note that all classes will be held outdoors.**

CARDIO-STROLLER

Tuesday: 10:00 – 11:00

From June 17 to August 19 (8 weeks)

ALL LEVELS – For all new moms who wish to train with their child in a stroller through a low-impact cardio and muscle toning program.

Babies must be aged between 2 weeks (uncomplicated delivery) or 6 to 8 weeks (complications during delivery or C-section) and around 12 months. Infants should be breastfed before or after the session.



FUNCTIONAL TRAINING

NEW!

Monday & Wednesday: 18:00 – 19:00

From June 18 to August 11 (8 weeks)

INTERMEDIATE TO ADVANCED – This workout is designed to improve your strength, endurance, balance, and mobility through exercises that mimic everyday movements. You'll work with bodyweight and other equipment to engage your entire body. Whether you're a beginner or experienced, this class offers progressions to suit all levels.



PILATES ON MAT

Tuesday: 18:00 – 19:00

From June 17 to August 19 (8 weeks)

ALL LEVELS – A series of strengthening mat exercises for core muscle training (abdominals and back) combined with deep breathing, all intended to energize the body and improve posture.



ZUMBA

FREE!

Wednesday: 18:15 – 19:15

From June 18 to August 6 (8 weeks)

ALL LEVELS – A combination of various Latin dances and fitness exercises for a fun workout. A soft dance shoe is recommended.



INFORMATION: 514 734-2928