

EXERCISE CLASSES – SUMMER 2024
Tuesday: From June 18 to August 6 (8 weeks)
Wednesday: From June 19 to August 7 (8 weeks)

Price*: \$85 (60 minutes)

**Combine EXERCISE CLASSES from the table and obtain a \$10 discount on a second and third course.*

LEGEND:	☺ All levels	□ Beginner	△ Intermediate	⚙ Advanced
*Outdoor activity – Cancelled in the event of bad weather				

LOCATION: CONNAUGHT PARK		
CLASSES	TUESDAY	WEDNESDAY
CARDIO-STROLLER* ☺	10:00 - 11:00 <i>Gayle</i>	
PILATES ☺	19:00 - 20:00 <i>Louise</i>	
ZUMBA® ☺		18:15 - 19:15 <i>Marcela</i> FREE

CLASSES	DESCRIPTION
CARDIO-STROLLER	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.
PILATES	Beginner to advanced – 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®	All levels – A combination of various Latin dances and fitness exercises for a fun workout. A soft dance shoe is recommended.