



River Oaks Community Centre

Recreation & Culture Department

2400 Sixth Line, Oakville, 905-338-4186

Group Fitness Schedule

Effective Jan 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycling 6:45-7:30	Body Sculpt 6:45-7:30		Group Cycling 6:45-7:30			
Ball Class 9-10	Body Sculpt 9-10	Intermediate Interval 9-10:05	Step 9-10 Super Circuit 9:00-9:45	Interval 9-10	Bodyworks for Beginners 8-9	Bodyworks for Beginners 8:30-9:30
Hi/Lo Beginner/Int. 10:05-11:05	Group Cycling 9:30-10:30	Gliding 10:10-11	Group Cycling and Stretch 9:30-10:30	Bodyspin 9-10	Group Cycling 8:30-9:30	Step Interval 9:35-10:40
	Bodyworks for Beginners 10:05-11:05	Yoga 11:30-12:30	Zumba 10:10-11			
					<ul style="list-style-type: none"> ❑ Schedule subject to change at any time based on attendance ❑ We will be closed for all statutory holidays ❑ Class attendance is limited to 25 for safety reasons ❑ A minimum of four participants is required to hold a fitness class ❑ Please notify your instructor if you are injured or pregnant ❑ Remember to work at your own pace and drink lots of water during your workout <p>Group Cycling classes are available to nonmembers for a small fee</p>	
Beginner Bodies 5:30-6:30	Bodyworks for Beginners 5:30-6:30		Zumba 6:05-7:05			
Move Jab and Tone 6:35-7:40	Group Cycling 6:30-7:30	Body Sculpt 6:35-7:35	Group Cycling 7-8			
Body Sculpt 7-8						

The place to start for beginners: Bodyworks and Beginner Bodies.



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Class Descriptions

Class	Description
Ball Class	Develop muscle conditioning, stability and balance using the exercise ball.
Beginner Bodies	15-20 minutes of high/low impact aerobics and 10 minutes of muscle endurance exercise.
Body Sculpt	Tighten and tone those muscles. A wonderful complement to your aerobic classes.
Bodyworks for Beginners	40-45 minutes of low impact exercise at the intensity of a brisk walk, come join in, you will love it!
Bodyspin	Cycling and body shaping. Ideal for everyone.
Gliding	Unique sliding motion engages your muscles to enhance cardiovascular fitness and muscular strength.
Group Cycling (and Stretch)	Group exercise on stationary bikes. A fun ride, definitely a class to try. (Sometimes with extra stretching)
Interval	The aerobic moves are mixed with toning exercises to give you a workout.
<i>Move Jab and Tone</i>	20 minutes of hi/lo cardio, 20 minutes of boxing, 20 minutes of toning, this is an Intermediate level class
Step	A variable height bench gives you a toning and cardio workout, aerobics are 25-30 minutes long.
Step Interval	A cardio workout on the step interspersed with toning.
Super Circuit	Intervals of cardio work alternate with toning exercises done on the weight equipment in the gym.
Yoga	This class will relieve tension and anxiety. Not a cardio class, ideal for those trying Yoga for the first time.
Zumba Fitness	Latin inspired dance fitness combining toning and cardio dance moves. Fun for everyone!

Day Care available: weekdays 9 to 11 a.m., some days until noon, call to confirm. \$3.50/hour/child or purchase a 20-hour pass for \$60.

Important information:

- Members may sign up seven days in advance for classes **in person only**.
- Pay-as-you-go participants including 10-visit pass holders may sign up one day in advance.
- Classes may be signed up in person only — **please call to cancel your booking if you're unable to attend a class you've booked.**
- You must be 14 years of age or older to enter the fitness centre.
- All members must scan their membership card upon arrival or upon request from staff at the front desk
- All participants are required to wear non-marking fitness footwear and proper workout attire in the fitness centre.

Please remember that the Town of Oakville does not have the expertise to determine the suitability of any participant for any program vis-à-vis their health or fitness level. The potential candidate should do this in consultation with a medical doctor.