

All Group Fitness Classes Online at markham.ca/fitness

*Click Fitness Classes Tab to view all schedules and class barcodes for registration

CARDIO

Belly Dance Fusion

Latin rhythms and belly dancing in a fun, cardio burning dance based class. *Please wear your exercise shoes in class.*

Cardio Dance I

Dance and work out at the same time. This is a hip and fun, high-energy class that will have you dancing all the way home. From disco to the '60s to salsa to today's top hits, burn those calories while learning new and funky dance moves.

Cardio Dance II

Dance and work out at the same time. This is a hip and fun, high-energy class that will have you dancing all the way home. From disco to the '60s to salsa to today's top hits, burn those calories while learning new and funky dance moves. *It is recommended that new Participants join Cardio Dance I before joining Cardio Dance II.

Cardio Mix

Mix up your cardio routine! This class is a mix of fairly intense hi/lo cardio of at least 40 minutes in length. The cardio segment may include such elements as traditional cardio, athletics, boot camp or kick boxing exercises. *The remainder of the class is spent on total body conditioning, stretch and relaxation.*

Cardio Dance - Soca

Dance and work out at the same time. This is a hip and fun, high-energy class that will have you dancing all the way home. Using a combination of Soca music and today's top hits, burn those calories while learning new and Soca dance moves.

Cardio Salsa

The thrill of Latin dance and the heart-pounding rhythms of the Caribbean make this dance-based workout an exciting addition to your fitness routine. Grab your gym shoes and come put some 'pep' in your step! *Absolutely no dance experience necessary!*

Cycle and Stretch

More than just a cycle class! A combined 30 minute cycle class followed by 30 minutes of stretching. Our classes are led by certified cycle/group fitness instructors. Build stamina, burn fat, and strengthen glutes, quads, hamstrings and calves. *Please wear comfortable clothing, exercise footwear and bring a bottle of water and a towel to class.*

Cycle Fitness

Ride your way to fitness. Our classes are led by certified cycle instructors. Build stamina, burn fat, and strengthen glutes, quads, hamstrings and calves. *Please wear exercise footwear and bring a bottle of water and a towel.*

H.I.I.T. – High Intensity Interval Training

This class 45 minutes. It's a workout that uses bursts of high-intensity exercise with brief rest periods to maximize caloric burn in a short amount of time. *Be sure to bring a towel and a water bottle.*

Nia

A blend of invigorating cardiovascular workout with global dance forms, martial arts, yoga, creative movement and powerful imagery. Blending aerobic exercise and conditioning and the therapeutic benefits of body integration therapies, this holistic fitness program creates a new sense of well-being for all ages and fitness levels.

Step – Beginner

Experience this great cardio exercise format. Learn basic stepping. *The class includes cardio and muscle conditioning components.*

Step – Challenge

Variety, challenging choreography and a great workout in a fun environment, this class includes both cardio and muscle conditioning. *Previous step experience is necessary.*

Step – Interval

Have you mastered basic step moves and looking for an increased challenge? Join our step interval class and learn more choreography and increase your intensity. This class alternates between choreographed step segments and cardio intervals, finishing off with muscle conditioning. *This class suits all fitness levels, but basic step experience is required.*

Zumba

A fusion of Latin-inspired dance/fitness that blends music and dance into a workout that is great for both the body and the mind. Join us in this high energy cardiovascular workout that combines motivating music and a fun way to get fit.

Zumba Gold

A perfect class for Active Older Adults, beginners or anyone who is looking for a modified Zumba class that uses the original cardio dance moves you love at a lower intensity. The class introduces easy to follow Zumba choreography that focuses on range of motion balance and coordination. Come ready to sweat and leave feeling empowered and strong!

STRENGTH TRAINING

BOSU and You

The BOSU (both sides up) ball is used throughout this 50-minute class as the ultimate piece of equipment to challenge balance, agility and core strength. *The class includes lots of stretching for improved flexibility.*

Functional Movement

This class is designed to improve strength, flexibility and balance with progressive exercises that safely strengthen core muscles and other major muscle groups while heightening body awareness. Includes a series of body weight exercises and may include instability tools such as bosu, stability cushion and some band work for mobility or added resistance. *This class is appropriate for beginners with elements that can be scaled up for sport - oriented participants.*

Muscle Conditioning

This class offers a safe and effective strength workout (no cardio) for men and women which will build bone mass, increase muscle strength and improve muscle tone. Equipment such as body bars, stability balls, BOSU, hand weights and exercise bands is supplied and will vary according to location. This format is suited to all fitness levels.

Muscle Works

This is a strength training workout for all major muscle groups utilizing hand weights, body bars, resistance tubing, stability balls, cardio circuits and individual body resistance to improve muscle and core strength. This muscle conditioning class includes some cardio. *Equipment will vary according to location.*

Osteoporosis and Conditioning Exercise

Weight bearing and resistance exercise help build bone mass and density. If you have been diagnosed with bone degeneration, this class can help you maintain and build bone mass.

Fitness club members do not use the class codes below, please speak with fitness centre staff or email groupfitness@markham.ca

Pilates I

Pilates (Pi-laa-teez) offers a functional approach to strength and flexibility training with exercises created to strengthen abdominal and back muscles while developing pelvic stability and abdominal control. Pilates increases flexibility and strength, improves posture and coordination, and harmonizes mind and body. *Please wear comfortable clothing. No footwear is worn during the class.*

Pilates II

Building Blocks Build on the fundamentals learned in Level I. Develop greater strength, flexibility and coordination. *Pilates - Level I - Fundamental is a prerequisite for this class.*

Stability Ball

Would you like to develop core strength and stability, improve your posture, improve muscle tone and definition and increase your mobility and flexibility? Join our stability ball class. Hand weights and exercises bands will also be used in the class. *Please note: If you are new to muscle conditioning, it is recommended that you attend our muscle conditioning class before advancing to our stability ball class.*

MIND AND BODY

Relax and Stretch

This class will concentrate on the flexibility of all major muscle groups. *There is no cardio component in this class.*

Yoga

A gentle approach utilizing strength, flexibility and stamina. Proper body alignment, breathing & relaxation techniques.

Yoga I

A gentle non-competitive approach to physical fitness utilizing strength, flexibility and stamina. Proper body alignment, breathing and relaxation techniques are taught throughout the program. Participants must bring their own yoga mat to class. *Classes offer the Hatha style. Please bring your own yoga mat to class*

Yoga II

This class is for both beginners and intermediate participants. This combined class is good for people that are in between levels and is a great way to deepen your practice.

Yoga – Gentle

Gentle yoga moves at a slow and steady pace and is ideal for the participant new to yoga practice. Poses are primarily seated or prone with few if any standing poses. *Participants to bring their own yoga mat to class*

Yoga – Meditative

This program will provide participants with a gentle yoga class with a focus on meditation and relaxation. Learn about the wonderful healing benefits of meditation practice and the effects it has on the body and mind. Participants will learn various techniques and practice them during class.

Yoga - Power

An athletic high energy yoga suitable for all yoga levels. Set to contemporary music, participants will work up a sweat while grooving through this vinyasa flow class, building strength and endurance while stretching to create space in the body. Class closes with the opportunity to quiet the mind.

Yoga – Relax and Renew

Many people live in a chronic state of stress that affects their quality of life, compromises their body and leaves them vulnerable to illness and injuries. Yoga techniques such as conscious breathing, relaxation, subtle Yoga movements and meditation are used during this class to stimulate and soothe the organs, improve the immune system and release stress and tension.

Yoga – Yin

Yin yoga is a slower paced 75 minute more meditative version of yoga. In a Yin practice, the poses (asanas) are held for a longer period of time, typically 3 to 5 minutes, to target the connective tissues rather than focusing on the muscles. As a result, the asanas are more passive holds, with little muscular engagement. Experience a fusion of yoga flow to warm up muscles and conclude practice with Yin.

TOTAL BODY WORKOUT

Barre

Barre based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while focusing on isometric strength training. Also, class may incorporate light handheld weights and bands to bring the burn during all those reps, as well as mats for targeted core work. *Typically dance shoe or sock foot worn to class.*

Boot Camp

Our boot camp is designed to elevate your heart rate with cardio, core and strength drills. This high-intensity training helps energize and assist with your own specific fitness goals. If you are ready to push yourself and train hard, our Boot Camp is for you! *Please note that equipment and drills vary from location to location.*

Cardio Sculpt

An intense class featuring a mix of hi/lo cardio (traditional cardio, dance, kickboxing and athletics) interspersed with total body conditioning (weights, bands, floorwork, etc.). Come prepared to sweat!

Circuit Blast

Make the most of your time with this super effective routine. Move from one location to another within the class challenging your muscles and cardiovascular system. Improve your mobility, strength and stamina. This class consists of warm-up, a mix of cardio and strength training exercises.

Forever Fit

We can be fit and vital at any age. This class is for those who are looking for a challenging workout in a safe environment. The cardio component will enhance heart and lung function. The class will help to improve balance, flexibility, bone density, power and coordination while increasing injury protection.

Low Impact – Beginner

A great class for the novice or someone returning to fitness. This class includes light to moderate conditioning exercises with cardio.

Low Impact – Intermediate

Suited to the more advanced participant. Cardio and muscle conditioning are more intense than the beginner class.

Group Exercise Policy:

1. Group Fitness Wristband Process - Fitness staff hand out wrist bands 30 minutes before class start time. If you are participating in back to back classes please pick up a wristband for both classes. We will be holding a number of wristbands for the members who are only attending the second class and will be released 30 minutes before.
2. You must be 14 years or older to participate in Group Fitness Programming.
3. All equipment must be wiped down after use with the wipes provided in the Group Exercise and Spin Studios. This includes but not limited to Exercise and Yoga Mats, Stability Balls, Gliders & Bikes.
4. Cell phones are not permitted in Group Fitness classes.
5. Appropriate athletic attire: clean athletic-type shoes & attire.
6. Classes with less than 10 participants over 3 consecutive weeks are subject to cancellation.

Fitness 101



Have you ever wanted to start a regular exercise routine, but don't know where to begin? Has your doctor recommended you make some lifestyle changes? This is the program for you! Supervised by a CSEP (Canadian Society of Exercise Physiology) certified fitness staff member, the class introduces you to the exercise equipment in a safe and supportive environment. Learn the basics of what is required to work towards your exercise goals, whatever they may be.

M.E.N.D. (Movement and Exercise for Neurological Disorders)

This specialized wellness/fitness class is for those living with or recovering from neurological disorders such as stroke, acquired brain injury, Parkinsons or MS. Our instructors are trained (T.I.M.E. training program) to provide exercise in a safe and supportive environment to help you reclaim your body and perform your daily tasks. The small class size enables individual attention. Participants must be able to walk a minimum of 10 metres with or without an assistive device. **Pre-screening is mandatory. Please contact Barb Lant 905 477-7000 ext. 4528 for more information.**

Small Group Personal Training



With the expert attention of our fully certified instructor in a small group setting (max. 6 people), the focus is on skill and form. Receive individual support to train for a specific sport or work towards your personal goals. This circuit program includes aerobic and resistance training, agility training, balance challenges, flexibility and core conditioning exercises. Sessions take place in our fully equipped group fitness studio.

Synergy Fitness Class



Our knowledgeable fitness staff take you through a 45-minute, high-intensity circuit training workout using our new Synergy Unit. Exercises include the use of battle ropes, punching bag and other specialized equipment. Prepare to sweat!

Core Strength and Stretch

Our knowledgeable fitness staff take you through a 45-minute, high-intensity circuit training workout using our new Synergy Unit. Exercises include the use of battle ropes, punching bag and other specialized equipment. Prepare to sweat!

| Program Name | Age | Location | Day | Time | Start Date | # of Classes | Course Code | Fee |
|---|---------|-----------------|------|-------------------------|------------|--------------|-------------|----------|
| Fitness 101 | 16 yrs+ | Centennial C.C. | Thu. | 6:00 p.m. - 7:00 p.m. | Jan. 9 | 12 | 354695 | \$118.48 |
| | | Cornell C.C. | Tue. | 7:00 p.m. - 8:00 p.m. | Jan. 7 | 12 | 354694 | \$118.48 |
| M.E.N.D. (Movement and Exercise for Neurological Disorders) | 16 yrs+ | Centennial C.C. | Tue. | 2:15 p.m. - 3:15 p.m. | Jan. 7 | 10 | 357657 | \$134.53 |
| | | Centennial C.C. | Fri. | 1:00 p.m. - 2:00 p.m. | Jan. 10 | 10 | 357658 | \$134.53 |
| Small Group Personal Training | 16 yrs+ | Aaniin C.C. | Mon. | 8:15 p.m. - 9:15 p.m. | Jan. 6 | 7 | 354704 | \$94.47 |
| | | Aaniin C.C. | Tue. | 9:00 a.m. - 10:00 a.m. | Jan. 7 | 8 | 354708 | \$107.82 |
| | | Aaniin C.C. | Wed. | 8:15 p.m. - 9:15 p.m. | Jan. 8 | 9 | 354705 | \$121.18 |
| | | Aaniin C.C. | Thu. | 9:00 a.m. - 10:00 a.m. | Jan. 9 | 8 | 354709 | \$107.82 |
| | | Aaniin C.C. | Fri. | 5:45 p.m. - 6:45 p.m. | Jan. 10 | 9 | 354706 | \$121.18 |
| | | Aaniin C.C. | Sat. | 12:30 p.m. - 1:30 p.m. | Jan. 11 | 8 | 354707 | \$107.82 |
| | | Aaniin C.C. | Sat. | 10:00 a.m. - 10:45 a.m. | Jan. 11 | 9 | 354697 | \$121.18 |
| Synergy Fitness Class | 16 yrs+ | Cornell C.C. | Mon. | 7:00 p.m. - 7:45 p.m. | Jan. 6 | 8 | 354696 | \$107.82 |
| | | Cornell C.C. | Wed. | 7:00 p.m. - 7:45 p.m. | Jan. 8 | 10 | 354698 | \$134.53 |
| | | Cornell C.C. | Sat. | 10:00 a.m. - 10:45 a.m. | Jan. 11 | 9 | 354697 | \$121.18 |