

SUMMER

REGISTERED FITNESS PROGRAMS - SPECIALTY FITNESS



Osteo-Strength

Ages: 19 & up

Join Roché in an open-air, full-body, strength training class with the most amazing view. We will get creative outdoors and use basic movements and body weight exercises to build muscles and strengthen bones safely for all levels of participants. Bring your own mat, a pair of dumbbells between 5 and 15 lbs. and resistance bands as well as a water bottle.

Tuesdays from 9:30 - 10:15am

Session 1: July 7 - 28 \$35/4 classes

Session 2: August 4 - 25 \$35/4 classes

Location: Willingdon Beach - Stage Pavillion

Instructor: Roché Rossouw

REGISTERED FITNESS PROGRAMS - INDOOR CYCLING

Interval Cycle & Strength

Ages: 16 & up

Intervals of 5 minutes of cycling on our indoor bikes to get your heart pumping followed by 5 minutes of strength exercises off the bike. A great class to get back to fitness. This class will be a total body workout suitable for all fitness levels and all strength exercises will come with options. Please bring your own mat and one set of dumbbells. Previous indoor cycling experience will be helpful but is not necessary.

Mondays from 9:30 - 10:30am

Session 1: July 6 - 27 \$42/4 classes

Session 2: August 10 - 31 \$42/4 classes

Location: Rink Dry Floor Instructor: Roché Rossouw



Cycling for Seniors

Ages: 60 & up

Get a full body workout with this 45 minute energy filled class tailored for seniors. Join Viv as she takes you on a low to moderately challenging ride. This class is suitable for seniors who are beginners as well.

Tuesdays from 10:30 - 11:15am

Session 1: July 7 - 28 \$35/4 classes

Session 2: August 4 - 25 \$35/4 classes

Location: Rink Dry Floor Instructor: Vivian Thickett



Cycle Blitz

Ages: 19 & up

Get a full body workout with this 30-minute high energy cardio spin class. All levels welcome.

Tuesdays & Thursdays from 4:30 - 5pm

Session 1: July 7 - 30 \$56/8 classes

Session 2: August 4 - 27 \$56/8 classes

Location: Rink Dry Floor Instructor: Roché Rossouw

