

Cedar Hill Recreation Centre – Reserved Drop-in Fitness

Effective: Sept 6-Dec 31, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hi Lo 		9-10am	9-10am			9-10am	
Strength & Stretch 				10:15-11:15am			
Fit for Life 		10:15-11:15am					
Basic Yoga 			5-6pm				9:30-10:30am

Notes & Additional Information:


Fitness schedule is subject to change.


No classes Dec 24, 25.

Use your access pass or pay admission for fitness classes.

Reservations can be made as early as 7 days in advance at 8:30am.

Please bring a mat and water bottle.

 Suitable for everyone from beginners to advanced. Emphasizes fun and effective workouts; challenging options given for experienced participants.

 Suitable for participants ready to improve technique and increase intensity, while still emphasising proper form. Best suited for individuals who are already actively engaging.

Hi Lo A moderate intensity with 20-30 minute cardio portion with low impact modifications shown. Toning exercises and stretching included in this well-rounded class. Saturday session will be offered outdoors on the back field weather permitting.

Strength & Stretch Develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up from and down to the floor safely. Participants must bring their own mat.

Fit for Life A 10 minute gentle warm up followed by a 40 minute light weight lifting segment using body weight, tubing and/or dumbbells to improve strength, endurance and coordination. Finish with a 10 minute cool down stretch.

Basic Yoga Familiarize yourself with Yoga and practice fundamental postures. This is not a progressive class.

