

WINTER 2018 ADULT PROGRAMS

AGES
16+



Register by email or in person at Town Hall
10 Robert Street W, Penetanguishene
For registration forms : www.penetanguishene.ca
PHONE: 705-549-7453
EMAIL: recreation@penetanguishene.ca

REGISTRATION OPENS NOVEMBER 26TH @ 8:30 AM
(Fees are subject to HST)

Gentle Yoga with Nova Boucher

Location: École Saint-Louis School

For those who have already learned basic yoga and are looking to develop their practice. Yoga is great for relaxation, stress reduction and muscle strengthening. Enjoying an hour of fitness and quiet reflection will have your body feeling more energized.* not suited for first-time beginners

*Comfortable clothing, bring mat and water

*No Class Family Day (Feb 18th) or March Break (March 11th/13th)

Session	Day	Dates	Weeks	Time	Fee
1	Monday	January 7th - March 25th	10	6:30-7:30 PM	\$60.00
2	Wednesday	January 9th - March 27th	11	7:00-8:00 PM	\$66.00

Adult Kickboxing with Wild Life Fitness

Location: Canadian Martyrs School

This program teaches kickboxing technique through vigorous physical activity, using gloves & pads. Instructed by Jill Sargent (2 x Provincial Women's Kickboxing Champion & Personal Trainer).

*Comfortable clothing, running shoes, mat and water

*No Class March Break (March 13th)

Session	Day	Dates	Weeks	Time	Fee
1	Wednesday	January 9th - March 27th	11	5:45-6:35 PM	\$66.00

Just Dancefit with Wild Life Fitness

Location: Penetanguishene Memorial Community Centre

A dance/fitness class where you learn SIMPLE and EASY choreography from a variety of different dance styles (Hip Hop, Urban, House, Jazz, Bollywood, Latin, African, Contemporary, Swing, Disco + more!). The choreography is simple so that you can dance your own way!

**Comfortable clothing, running shoes, mat and water

*No Class March Break (March 13th)

Session	Day	Dates	Weeks	Time	Fee
1	Friday	January 11th - March 29th	11	11:15 AM- 12:15 PM	\$66.00

Circuit Training with Nicole

Location: Canadian Martyrs School

Working out should be fun! Learn how to execute several basic movements: Sprint, walk, crawl, climb, freestyle, Hop, cha-cha, lift, pull, and laugh! Go through a different circuit every week as your instructor encourages you. You will never get bored! You will notice an overall positive difference in strength and cardio. Beginners and intermediates welcome. All movements can be modified to suit injuries, and abilities

**Comfortable clothing, running shoes, mat and water

*No Class Family Day (Feb 18th) or March Break (March 11th)

Session	Day	Dates	Weeks	Time	Fee
1	Monday	January 7th - March 18th	9	5:30 - 6:30 PM	\$55.00
2	Monday	January 7th - March 18th	9	6:35 - 7:35 PM	\$55.00

PiYo® with GI Jane

Location: Penetanguishene Memorial Community Centre

PiYo® combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

*Wear comfortable clothing, bring mat & water

*No Class March Break (March 12th)

Session	Day	Dates	Weeks	Time	Fee
1	Tuesday	January 8th - March 26th	11	9:30 - 10:30 AM	\$66.00

Beginner Gentle Yoga with Chris

Location: École Saint-Louis School

Come on out and learn about the magic of Yoga. This yoga fitness class is great for relaxation, stress reduction and muscle strengthening. Enjoying an hour of fitness and quiet reflection will have your body feeling more energized. This is a great class for those new to Yoga or anyone looking to fit an hour into your fitness schedule.

*Comfortable clothing, running shoes, mat and water

*No Class March Break (March 12th)

Session	Day	Dates	Weeks	Time	Fee
1	Tuesday	January 8th - March 26th	11	6:30 - 7:30 PM	\$66.00

Baby & Me Just Dancefit with Wild Life Fitness

Location: Penetanguishene Memorial Community Centre

Jus like our Just Dance program bit this one is suitable for parents and babys. Parents are encouraged to bring a baby carrier for a fun filled session of music, movement, dancing and so much fun. We will dance to a variety of different styles of music

**Comfortable clothing, running shoes, mat and water

*No Class March Break (March 15th)

Session	Day	Dates	Weeks	Time	Fee
1	Friday	January 11 - March 29th	11	10:20 - 11:10 AM	\$66.00

Stretch & Strength with Wild Life Fitness

Location: Penetanguishene Memorial Community Centre

This class is a combination of strength, stretch & breathing exercises. Each class will help you to improve your strength, flexibility and cardio at a gentle pace. The class ends with breathing & relaxation. Great option for those with restricted mobility or the older generation that requires a gentle fitness class.

**Comfortable clothing, running shoes, mat and water

*No Class Family Day (Feb 18th) or March Break (March 11th/13th)

Session	Day	Dates	Weeks	Time	Fee
1	Monday	January 7th - March 25th	10	9:15 - 10:10 AM	\$60.00
2	Wednesday	Jan 9th - March 27th	11	9:15 - 10:10 AM	\$66.00

Kettlebell Fit with Janis Foley

Location: Canadian Martyrs School

This class is for you if you want to tone up, blast fat, and improve your fitness level! Featuring a combination of Kettlebell exercises & circuit training to target multiple body parts and deliver fast results (strength, endurance & muscle toning). Appropriate for all levels.

*Comfortable clothing, bring mat and water –No Class March Break (March 14th)

*Must bring kettle bell weight anywhere between 5 and 10 lbs

Session	Day	Dates	Weeks	Time	Fee
1	Thursday	Jan. 10th - March 28th	11	5:30 - 6:30 PM	\$66.00

Baby & Me BOOTCAMP with Wild Life Fitness

Location: Penetanguishene Memorial Community Centre

Bring your baby or toddler and get fit bootcamp style! If you are ready for a high energy indoor workout--this class is for you. Baby & Me Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Exercise will be modified according to the age of the children attending.

**Comfortable clothing, running shoes, mat and water

*No Class Family Day (Feb 18th) or March Break (March 11th)

Session	Day	Dates	Weeks	Time	Fee
1	Monday	January 7th - March 25th	10	10:15 - 11:15 AM	\$60.00

Pilates with GI Jane

Location: Penetanguishene Memorial Community Centre

Pilate emphasizes proper postural alignment, core strength and muscle balance. A Pilates routine generally includes exercises that promote core strength and stability, muscle control and endurance, including exercises that stress proper posture and movement patterns and balanced flexibility and strength.

**Comfortable clothing, running shoes, mat and water

*No Class March Break (March 15th)

Session	Day	Dates	Weeks	Time	Fee
1	Friday	January 11th - March 29th	11	9:15 - 10:15 AM	\$66.00

HIIT Basics and Beyond with Jillian LeGros

Location: Canadian Martyrs School

High Intensity Interval Training (HIIT) class that focuses on proper technique to get the most out of your workout. Challenging you to improve muscle and cardio endurance, strength, power and agility. We will utilize a variety of equipment such as hand weights, resistance bands, TRX, etc

**2 Light weights, comfortable clothing, running shoes, mat and water

Session	Day	Dates	Weeks	Time	Fee
1	Tuesday	February 5th - April 9th	10	5:30 - 6:30 PM	\$60.00

Pickleball (Non-Competitive) *Hours now extended!*

Location: James Keating Elementary School

Pickleball® is traditionally played on a badminton-sized court with special Pickleball® paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. Newcomers and beginners welcome – Instruction available!

*Paddles will be available to borrow- limited quantity

*No Class March Break (March 13th)

Session	Day	Time	Drop in \$	Registered Player Fee
1	Wednesday	6:15 PM - 9:00 PM	\$5/week	\$30

LOCATIONS

École Saint-Louis School	54 Dufferin St, Penetanguishene
Canadian Martyrs School	7 Bellisle Road, Penetanguishene
James Keating Elementary School	20 Lorne Ave, Penetanguishene
Penetanguishene Memorial Community Centre	61 Maria St, Penetanguishene
Waypoint Centre for Mental Health Care	500 Church St., Penetanguishene

www.penetanguishene.ca