



Killarney Community Centre Weekly Fitness Classes

Spring 2022 Schedule

May 1st - June 30th, 2022 No classes on May 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit & Fierce 9:15-10:15am <i>Leah</i>	Zumba & Core 9:15-10:15am <i>Cecilia</i>	Bonanza Body Blast 9:15-10:30am <i>Betty-Lynn</i>	Total Body Conditioning 9:15-10:15am <i>Flora</i>	Zumba+ 9:15-10:15am <i>Lesley</i>	Zumba 30 Strength 30 9:15-10:15am <i>Nita</i>	Zumba 9:15-10:15am <i>Flora</i>
				<p><i>Class participation is limited to 25 Drop-in participants, based on first come first served. Drop-in wrist bands will be sold 15mins prior to class start time.</i></p>		
	Zumba 6:15-7:15pm <i>Roslyn</i>	FUNctional Fitness 6:15-7:15pm <i>Keiko</i>	Zumba 6:15-7:15pm <i>Roslyn</i>			

Fitness Class Fees <small>GST will be added to price</small>	Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
Adult	\$4.57	\$45.46	\$41.04	\$104.34	\$196.72	\$343.60
Youth/Senior	\$3.45	\$31.81	\$28.66	\$73.10	\$137.46	\$235.57

**All fees include Fitness Centre use.*

Fit & Fierce

Moderate to advance. Get your heart rate up, release stress, burn calories and get your steps in while celebrating your awesome self! Fit & Fierce Dance Workout includes a variety of new music as well as classic tunes from a range of musical genres. Fun (& fierce!) grooves are inspired by the Latin, jazz, contemporary, hip hop and theatrical dance worlds. *Choreography is varied and easy to follow. Class finishes with a relaxing standing stretch. Fit & Fierce Dance Workout is suitable for a wide range of fitness levels.*

Zumba & Core

Moderate to advanced class. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class offers 15 minutes of core strength training using weights.

Bonanza Body Blast

All Levels Welcome. Head to toe cardio, strength, core and flexibility to challenge all fitness levels. Incorporating different class styles (Step, Hi/Lo, Tabata, Interval Training, Body Weight; Strong by Zumba), always ending with core work & stretch.

Zumba+

All Levels Welcome. Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party. Zumba+ also incorporates the last 30 minutes with interval training giving more intensity, strength, and challenging progression to your workout, using only your body weight.

Zumba Toning

All Levels Welcome. This class is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! How It Works. The challenge of adding resistance by using Zumba®Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

FUNctional Fitness

All Levels Welcome. This low impact class focuses on strength and control in order to expand upon usable ranges of motion, articular resilience (i.e. load-bearing capacity), overall joint health and focuses on improving mobility. *Adding these principles into your fitness routine can be a huge game-changer for your flexibility & mobility!*

Total Body Conditioning

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