



North Middlesex Winter Group Fitness Schedule

January 15, 2024 - April 15, 2024

PARKHILL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Active 9:30 - 10:30 AM	Group Power 9:30 - 10:30 AM	Centergy 9:30 - 10:30 AM	Group Groove 9:30 - 10:30 AM	Group Cycle 6:00 - 7:00 AM	Yoga 9:30 - 10:30 AM
*Walking to Fitness 10:00 - 11:00 AM		*Walking to Fitness 10:00 - 11:00 AM		Group Active 9:30 - 10:30 AM	
Group Power 6:00 - 7:00 PM	Group Step 6:00 - 7:00 PM	Bootcamp 6:00 - 7:00 PM	Group Cycle 6:00 - 7:00 PM	*Walking to Fitness 10:00 - 11:00 AM	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Light & Lively 10:00 - 11:00 AM	Yoga 6:30 - 7:30 PM	Pickleball 6:30 - 8:00 PM			
Pickleball 6:30 - 8:00 PM	**Dodgeball 7:30 - 8:15 PM				

*community class, everyone welcome

**there will be childminding available



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Group Centergy®

Group Centergy is a perfect way to improve balance, mobility, flexibility, and strength. Group Centergy is a Yoga and Pilates fusion class.

Group Power®

Group Power® is a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

Yoga

Techniques focusing on posture, breathing and meditation. Participants will gain strength and flexibility, as well as developing mind and body relaxation. All levels welcome with modifications given.

Pickleball

All levels welcome. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles to hit a perforated polymer ball.

Group Cycle

Cycle your way to good health. This cardiovascular workout guides you through a variety of intense exercise levels. Water bottle and towel recommended.

Dodgeball

Players on two opposing teams try to throw balls and hit opponents while avoiding being hit themselves.

Group Active®

Group Active is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life.

Group Groove®

Group Groove is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion dance styles set to the hottest current hits and the best dance songs ever produced!

Group Step

60 minutes of athletic cardio training that uses a step in a wide variety of ways. This workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength.

Bootcamp

Combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work.

Walking to Fitness

Whether you are just beginning or an advanced walker, this program has something to offer everyone. Join us in our level facility, where you walk at your own pace. There are also gentle exercises and stretches to help strengthen your whole body.