

EXERCISE CLASSES – SUMMER 2025

Monday: From June 23 to August 11 (8 weeks)

Tuesday: From June 17 to August 19. No class June 24 and July 1 (8 weeks)

Wednesday: From June 18 to August 6 (8 weeks)

Price*: \$95 (60 minutes)

**Combine EXERCISE CLASSES from the table and obtain a \$10 discount on a second and third course.*

LEGEND:	☺ All levels	□ Beginner	△ Intermediate	⚙ Advanced
*Outdoor activity – Cancelled in the event of bad weather				

LOCATION: CONNAUGHT PARK				
CLASSES		MONDAY	TUESDAY	WEDNESDAY
CARDIO-STROLLER*	☺		10:00 - 11:00 Gayle	
FUNCTIONAL TRAINING NEW!	☺	18:00 - 19:00 Laeticia		18:00 - 19:00 Laeticia
PILATES	☺		18:00 - 19:00 Louise	
ZUMBA®	☺			18:15 - 19:15 Karina FREE

CLASSES	DESCRIPTION
CARDIO-STROLLER	All levels – For all new moms who wish to train with their child in a stroller through a low-impact cardio and muscle toning program. Babies must be aged between 2 weeks (uncomplicated delivery) or 6 to 8 weeks (complications during delivery or C-section) and around 12 months. Infants should be breastfed before or after the session.
FUNCTIONAL TRAINING NEW!	All levels – This workout is designed to improve your strength, endurance, balance, and mobility through exercises that mimic everyday movements. You'll work with bodyweight and other equipment to engage your entire body. Whether you're a beginner or experienced, this class offers progressions to suit all levels.
PILATES	Beginner to advanced – A series of strengthening mat exercises for core muscle training (abdominals and back) combined with deep breathing, all intended to energize the body and improve posture.
ZUMBA®	All levels – A combination of various Latin dances and fitness exercises for a fun workout. A soft dance shoe is recommended.