

Group Fitness



Please see page 5 for
Detailed Registration Information

The Greenboro team of fitness professionals are all certified and highly qualified with years of teaching experience. Our group exercise program offers you a variety of different class formats and times to suit your schedule. Our motivated instructors teach to all fitness levels that will provide you with a challenging workout. Registration begins Wednesday November 23, at 6:00 pm and is ongoing. No classes Monday, April 9th (Easter Monday), Friday, April 6 (Good Friday).

CLASS SCHEDULE								January 2 - April 30, 2012							
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
7:05 - 7:50 am	Low Impact		Strength & Tone		Interval Challenge										
9:00 - 10:00 am		Strength & Tone	Zumba Mid Tempo		Strength & Tone	Variety Class	Variety Class								
9:00 - 10:15 am	Low Impact Stretch and Flex			Trifit											
10:05 - 11:00 am						Variety Class									
12:00 - 12:45 pm					Variety Class	Variety Weekend There will be a different class schedule each weekend. Please check the fitness board for details.									
5:00 - 5:55 pm	Step Cardio Tone	Core Fusion	Low Impact	Stretch & Flex											
6:05 - 7:00 pm	Low Impact	Circuit Challenge	Strength & Tone	Dance Fit											
7:10 - 8:10 pm	Core Fusion	Zumba	Stretch & Flex	Low Impact											

IMPORTANT THINGS TO NOTE:

Modified schedule on February 20 (Family Day). Please check the front desk for details. The Greenboro fitness program is operated by the Greenboro Community Centre Association and is not part of the City of Ottawa city-wide fitness membership.

MEMBERSHIP FEES

Program	Length	Cost
Multi Season Aerobics	Jan 2 - Aug 31	\$ 200
Multi Season Aerobics / Weight Room	Jan 2 - Aug 31	\$ 330
Aerobics (prior to Sept 1)	Jan 2 - April 30	\$ 118
Aerobics (Registration after Sept 1)	Jan 2 - April 30	\$ 132
Aerobics	Feb 1 - April 30	\$ 99
Aerobics	March 1 - April 30	\$ 66
Aerobics	April 1 - April 30	\$ 44
Youth and Aerobics (16 - 18 yrs)	Jan 2 - April 30	\$ 66
Aerobics/Weight Room	Jan 2 - April 30	\$ 182
Aerobics Drop-In		\$ 15



Parents with Babies:

You may bring your infant (0-6 months) to our morning Aerobics classes only, at no charge. Infants under 6 months of age can be brought into the gym while mom or dad exercises. This arrangement will be available every weekday morning for the 9:00 - 10:00 am fitness class. Babies will be placed at the side of the gym. They must be in an infant seat (no strollers please) and attended to by the parent if necessary. There is no charge, however, the age limit must be respected for the safety of the baby.

GREENBORO HELP WANTED!

The Greenboro Community Centre Association is a dynamic group of volunteers who play an important part in programming at our Community Centre. Our goal is to ensure that high quality programs are offered, at an affordable price that best reflects the needs & wants of the residents we serve. We are always looking for people interested in helping out, be it for a single event, helping with a particular area of interest or sitting as a Board of Director. If you are interested in becoming a volunteer of the Association please call us at 613-580-2805 or drop-off your name and contact information at the front desk of the Community Centre. Please consider joining us and help make our Community a great place to live, grow and play."



CLASS DEFINITIONS

Core Fusion

This class combines core conditioning, stretching and relaxation. A wonderful combination!

Circuit Challenge

Different stations will be set up offering intervals of cardiovascular training and strength training.

Interval Challenge

This class will combine intervals of muscle conditioning with fun and easy to follow cardiovascular routines. A total body workout!

Low Impact

This class is a no bounce style of class where one foot remains on the floor. Options will be given for those who want variety.

Mid Tempo

If you find the regular fitness program to challenging but are not ready to step into the vitality program, this is the perfect in the middle class for you. This class will follow the format of thirty minutes cardiovascular training, followed by fifteen minutes of strength and tone and fifteen minutes of stretch.

Low Impact - Stretch & Flex

This class will combine a no bounce style of class and improve flexibility, reduce tension and stress.

Step Cardio Tone

This class offers basic step movement combined with light handweights for a fantastic cardiovascular and muscular endurance workout.

Strength & Tone

Combine strength, balance and stretching using movements with the body bars, hand weights, stability balls & tubing.

Stretch & Flex

This class will improve flexibility, and reduce tension and stress.

Trifit

Challenge yourself to a combination of step, low and muscle conditioning. Lots of variety for everyone!

Dance Fit

This class offers a wide variety of dance moves such as Hip Hop, Latino and African dance.

Core Conditioning

Strengthen and tone your abdominal and back muscles. Improve posture and flexibility.

Zumba

Join us for the latest fitness craze! This is a cardiovascular workout combining Latino music with fun easy to follow dance moves.

Variety Class

This timeslot will offer a different class and instructor each week. Offering loads of variety.

Body Bar Challenge

During this class exercises will be performed using a weighted bar to strengthen and tone the muscles.

Cardio Kickbox

This class will incorporate controlled kicks, punches and core work. Get ready to sweat!

Drums Alive

During this class participants will use drumsticks on an exerball while performing cardiovascular movements with the lower body.

Skip Circuit

This class will offer skipping intervals followed by strength training exercises.



Step

This class will be performed on a platform. Different options will be given to accommodate various fitness levels.

Vos commentaires nous tiennent à cœur!

Le personnel du centre communautaire Greenboro vous encourage à faire part de vos commentaires et suggestions afin qu'il puisse répondre davantage à vos besoins!

Programmation en français
L'association du centre communautaire Greenboro cherche à développer une programmation francophone débutant à la session d'hiver 2012. Pour ce faire, nous cherchons à recueillir vos suggestions et vos priorités vis-à-vis la programmation.

Comment-pouvons nous améliorer le centre communautaire?

Prenez le temps de remplir une carte de suggestion disponible à la réception.