

Courtice Fitness Training Facility

2950 Courtice Road North, Courtice 905-404-1525
 Fitness Co-ordinator: Erica Mittag - emittag@clarington.net

Membership Benefits

Join the Courtice Fitness Facility as a Full Fitness Member and enjoy these privileges:

- Access to Group Fitness Classes
- Membership Freeze option
- Membership Incentives
- Youth Programs
- Squash at Clarington Fitness Centre
- Swimming at all indoor municipal pools
- Monthly payment option
- Lockers available to rent

HOURS OF OPERATION

Courtice Community Complex - Fitness Centre

SATURDAY / SUNDAY	8:00 AM - 9:00 PM
MONDAY - FRIDAY	6:00 AM - 10:00 PM

NOTE: The Whirlpool & Sauna close 15 minutes before the facility (Monday - Sunday).

Come in Today for a FREE tour!

Full Fitness Memberships *Non-residents are subject to a 10% surcharge on all memberships.

PLUS TAXES WHERE APPLICABLE
 Rates effective to August 31, 2012

COURTICE FITNESS FACILITY - membership fees

Adult (18 - 64 yrs)	Post-Secondary Student (ID required)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)	Group Membership (minimum 10 employees/ group members)
Annual \$451.00	4 month \$168.00	Annual \$335.00	Annual \$340.00
1 month \$80.00		1 month \$70.75	Locker rental
3 months \$171.00		3 months \$149.00	Annually \$75.00
Family (additional) \$340.00		Family (additional) \$222.00	3 months \$25.00

As low as

\$24.55*

Per Month
*Based on Youth/Senior
 Annual Membership

Family Additional rate is applied as follows: when a person in your household purchases an Annual Membership, each additional membership for anyone who resides at the same address will be charged the discounted rate. This only applies to an annual term.

PAY AS YOU GO

Courtice Community Complex - Fitness Facility - Day Pass

Fitness Facility Visit - \$8.76	Adult \$4.75	Youth/Senior \$4.78
10 Ticket Pass - \$76.00	Adult \$38.00	Youth/Senior

Courtice Community Complex & Newcastle & District Recreation Complex - Aerobics

Non-Member Aerobic Drop In \$6.37	Adult \$3.20	Youth/Senior \$3.19
10 Ticket Pass - \$52.00	Adult \$26.00	Youth/Senior

NEWCASTLE GROUP FITNESS - membership fees

Aerobics Only

Adult (18 - 64 yrs)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)
Annual \$265.00	Annual \$133.00
3 months \$122.00	3 months \$66.00

As low as

\$6.18*

Per Month
*Based on Youth/Senior
 Annual Membership



PLEASE NOTE: Applicable taxes are NOT included in above prices. All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P.) plan is available on all Annual Memberships.

ADDITIONAL MEMBERSHIP INFORMATION

All annual fitness memberships pay \$65.00 at the time of purchase as a down payment and then eleven (11) equal monthly payments will be deducted from your chequing account (eleventh payment may vary slightly).

Youth/Teens under 15 years of age must have successfully completed the FIT Club course to be eligible for a Fitness Facility Membership.

Teens age 18 and over must be responsible for their finances and hold a membership under their own account.

Teens under 18 must use a parent/guardian's chequing account for the monthly payment plan and are responsible for keeping the account in good standing.

MEMBER REFERRAL PROGRAM!

3 Easy Steps

1. Refer the Courtice Fitness Facility to your friends or family members.
2. Fill out your referral card (available at Courtice Fitness Facility NOW!)
3. Pick your prize!

- Receive one month extension!
- Receive one hour with a Trainer!
- Three months FREE locker rental!



MEMBERSHIP SERVICES

*Non-residents are subject to a 10% surcharge. **PLUS TAXES WHERE APPLICABLE.**

Nutrition & Wellness Consulting

Personal health is constantly changing. Our Nutrition and Wellness Consulting service will have you working with a Registered Holistic Nutritionist who can help you understand your individual nutritional needs, identify areas of dietary concern, provide guidance about your physical activity requirements and suggest stress management techniques. Contact the Courtice Community Complex for more details at 905-404-1525.

COST:	MEMBERS	NON-MEMBERS
1 session	\$ 40.00	\$ 48.00
5 sessions	\$ 182.00	\$ 222.00
10 sessions	\$ 324.00	\$ 404.00

Session are 1 hour in length

Fitness Program

\$ 40.00 - Members

\$ 48.00 - Non members

Fitness Programs are booked with a personal trainer for a one-hour appointment. Programs incorporate proper stretching, form and technique, safety and a general program based on the client's needs and goals.



Personal Training

Work out with a personal trainer and design an exercise program tailored to your health concerns, fitness goals and schedule. A personal trainer can also provide information on training principles and give motivational advice to help you stick to your exercise program.

Sessions are 1 hour each in length.

COST	MEMBERS	NON-MEMBERS
1 session	\$ 40.00	\$ 48.00
5 sessions	\$ 182.00	\$ 222.00
10 sessions	\$ 324.00	\$ 404.00
Semi private/person		
1 session	\$ 30.00	N/A
Semi private/person		
5 sessions	\$ 133.75	N/A
Semi private/person		
10 sessions	\$ 238.00	N/A



Fitness Assessments

\$ 40.00 - Members

\$ 48.00 - Non members

A fitness assessment tests your aerobic fitness, muscular strength, muscular endurance, flexibility, power and postural strength.



FIRST STEPS FITNESS PACKAGE

Start off on the right foot TODAY!

This 2 hour package is only \$61.25 plus tax and includes:

**1 hour Fitness Assessment
and**

**1 hour Fitness Program with a Certified Trainer
Available at the Courtice Fitness Training Facility**

Dryland Sport Conditioning

The types of activities that we will cover with the teams will focus on speed, power, strength, balance and agility in a sport specific manner so they can dominate in their sport. A better conditioned athlete will have fewer chances for injury so it's important to continually modify the program to challenge & improve their performance. As well, the training time will also be a wonderful opportunity for the team to bond outside of the game or sport.

Basic Training Package:

Includes training session in a private room; spinning and core programs available.

Youth Teams (under 18 years):

\$53.00/hour (for 10 - 15 players) Add \$4.50/hour for each additional player up to a total of 18 players.

Adult (18 years and over):

\$106.00/hour (for 10 - 15 players) Add \$8.75/hour for each additional player up to a total of 18 players.

Flex Training Package:

Spinning and core programs in combination with strength equipment.

Youth Teams (under 18 years):

\$104.00/hour for 10 - 15 players) Add \$7.00/hour for each additional player up to a total of 18 players.

Adult (18 years and over):

\$196.00/hour (for 10 - 15 players) Add \$13.00/hour for each additional player up to a total of 18 players.

COURTICE FITNESS TRAINING FACILITY (2950 Courtice Road North, Courtice)
& NEWCASTLE & DISTRICT RECREATION COMPLEX (1780 Rudell Road, Newcastle)
To book your time: 905-404-1525 ext. 28 or email: emittag@clarington.net



Discovering Coot's Pond on the Darlington Waterfront Trail.

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These are just some of our partners:

Central Lake Ontario Conservation, Courtice Secondary School, Earth Angels, Friends of Second Marsh, Durham Children's Groundwater Festival, Orono Crown Lands, Ganaraska Conservation Authority, Scouts Canada - White Pine Council, Canadian Peregrine Foundation, Durham Land Stewardship Council, Lions Club of Courtice, Community Living Oshawa/Clarington, Royal Canadian Legion, Courtice Millennium Trail and local youth sports.

Learn more at opg.com or call our Information Centre at:
Darlington Nuclear 905-623-7122 or
Pickering Nuclear 905-837-7272

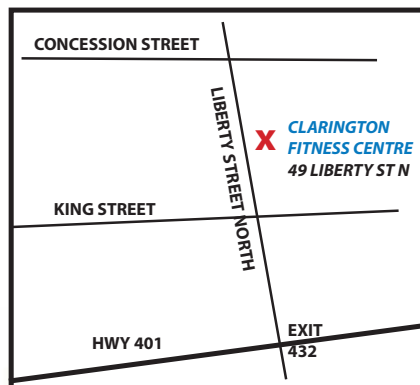
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opg.com

POOL & SQUASH ADMISSION & MEMBERSHIP FEE INFORMATION

POOL MEMBERSHIP COURTICE COMMUNITY COMPLEX, CLARINGTON FITNESS CENTRE & NEWCASTLE RECREATION COMPLEX					SQUASH MEMBERSHIP CLARINGTON FITNESS CENTRE (includes use of pool)				
	PAY-GO	10 TICKET	MONTHLY	ANNUAL	DAILY	10 TICKET	3 MONTH	ANNUAL	FAMILY ADDITIONAL (ANNUAL)
Adult	\$3.54	\$30.00	\$39.00	\$156.00	\$7.96	\$70.00	\$127.00	\$223.00	\$190.00
Youth 4-17 yrs	\$2.75	\$23.25	\$22.25	\$84.00	\$4.00	\$35.00	\$55.00	\$112.00	\$95.00
Senior 65+	\$2.74	\$23.25	\$22.25	\$79.00	\$3.98	\$35.00	\$55.00	\$112.00	\$95.00
Group*	\$8.85	\$74.00	N/A	N/A					
Family	N/A	N/A	\$63.00	\$291.00					

Family & Group* rates include a maximum of 5 people, including a maximum of 2 adults. Preschool children (3 years and younger) are admitted free when accompanied by a participating adult 14 years of age or older. For Family memberships, family members must live in same household. **NOTE: Non-residents add 10% surcharge to their membership rates. Plus taxes where applicable.**

PLEASE NOTE: All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P.) plan is available on all Annual Memberships.



Clarington Squash Club is a newly formed club operating out of the Clarington Fitness Centre which has two international sized courts. We are a not-for-profit club with the vision of providing a fun and friendly atmosphere and a place for new and experienced players to develop their skills.

Our club offers the following programs:

- House Leagues (Co-ed, Ladies, Junior)
- Learn-to-Play
- Squash Ladder
- In-house Tournaments

Registration for January house leagues begins December 14. Municipal membership (Squash or Fitness) required

NEW PLAYERS ALWAYS WELCOME!

For more information please contact the club at **905-925-4195** or Email: highstrungsports@rogers.com



Group Fitness Class Descriptions

Courtice Community Complex & Newcastle & District Recreation Complex

Fitness Training Facility Hours For more information call: 905-404-1525		Mon to Fri 6 AM - 10 PM Sat and Sun 8 AM - 9 PM		NON - MEMBERS	ADULT	YOUTH/SENIOR
				Drop-in	\$6.37	\$3.20
				10-Pass	\$52.00	\$26.00
				10 Week Program	\$46.50	\$23.50
				11 Week Program	\$51.15	\$25.85
				12 Week Program	\$55.75	\$28.25
MONDAY Jan 2 - Mar 26 11 CLASSES	TUESDAY Jan 3 - Mar 27 12 CLASSES	WEDNESDAY Jan 4 - Mar 28 12 CLASSES	THURSDAY Jan 5 - Mar 29 12 CLASSES	FRIDAY Jan 6 - Mar 30 12 CLASSES	SATURDAY Jan 7 - Mar 31 12 CLASSES	SUNDAY Jan 8 - Apr 1 12 CLASSES
Unless otherwise stated, Classes are for ALL levels. No Classes February 18 - 20 or March 12 - 18 (March Break)						

ATHLETIC YOGA
Athletic Yoga uses breath to move in and out of postures that may be linked by variations of Ashtanga sun salutations. The overall goal is to stretch and strengthen the muscles, which will reduce the risk of injuries and to improve performance, whatever your sport. Level: Intermediate to Advanced

BUDAKON
Tone your muscles, lose the extra pounds and relax at the same time. Budakon is a blend of modern yogic and martial art styles and translates from the Japanese "Bu" warrior, "Du" way, and "Kon" spirit. The technique uses a lot of core strength and is also an aerobic exercise. The objective is to teach agility, focus, power and flow in mind and body.

CARDIO BOSU
An awesome cardio workout that will help you burn calories while challenging your balance, endurance and core strength. Build endurance and burn fat in this high energy cardio class!

CARDIO PILATES
Step it up a notch and get more calorie burning cardio-fitness power. An fusion of Pilates movements and cardio exercise, Cardio Pilates delivers the strength conditioning effects Pilates is known for - as well as a cardiovascular workout.

CARDIO SCULPT
Elevate your heart rate as you tone and sculpt your muscles! This class combines aerobic work with muscular conditioning to blast calories!

DANCE YOUR WAY!
A fun filled class for all levels. Dance your way through the decades including swing dancing, disco and salsa! No dance experience necessary. *Please note this is a fitness class with a focus on dance.*

DRUMS ALIVE
Using fitness balls and drumsticks improve physical/mental fitness and have fun. Drums Alive is a cardio class full of powerful and motivating music and drumming rhythms that will get your body moving! Equipment & drumsticks provided.

FITNESS FUSION
The blending of some latin, some basic cardio kickbox, some high/low impact - a weight training component and a yoga/pilates cool down - each interval is 8 - 10 minutes - sections flow together and provide participants with a fun variety - the class is over before you know it!

INTERVAL TRAINING
Tone, sculpt, strengthen, energize and revitalize with this exciting interval class! A great variety of exercises!

KETTLEBELL
Kettlebells are an ancient Russian exercise tool that have been adapted for modern day living. Kettlebell training can help you achieve your overall fitness goals. Level: Intermediate to Advanced

KICKBOX BOOTCAMP
A bootcamp style class filled with real kickboxing drills, plyometric drills and strength training topped off with core strengthening and a rejuvenating stretch.

MUSCLE MOVES
60 minutes of strength training, using free weights and balls. Designed to improve strength, muscle tone and body alignment. This is a non-aerobic workout.

NIA
Nia is a cardio dance class, for all fitness levels. Increase your heart rate while dancing to music, then throw in a few martial arts moves. So much fun, you'll forget you are exercising.

ON THE BALL
A class designed around the proper use of stability balls. A great all around workout to help you stay 'on the ball'!

PILATES
A form of body conditioning which emphasizes muscular balance, strength with flexibility, as well as improvement to posture. This program delivers simultaneous lengthening and strengthening in a non-impact, balanced system of mind/body control that works well for all fitness levels.

SPINNING
An exhilarating, challenging class that integrates music and motivation on a bike. A terrific cardio and lower body workout. No cycling background is needed. Level: Intermediate to Advanced
Check out a twist to regular spinning with:

- SPIN & ABS
- SPIN & PILATES
- SPIN & SCULPT

TAI CHI/YOGA COMBO
Combine the benefits of Yoga and Tai Chi in this innovative class. Leave feeling refreshed, relaxed and rejuvenated!

YOGA
Yoga helps increase stamina, strength, flexibility and balance while focusing on body awareness. Participants practice various yoga traditions, all of which combine forms of breathing, posture and exercise.



YOGALATES
A fusion of yoga with Pilates moves, this class mixes both disciplines to develop core strength, help tone and lengthen muscles, increase flexibility, and reduce stress.

20/20/20
Looking for a class that has it all in 1 hour? 20 minutes cardio (instructor's choice), 20 minutes conditioning and 20 minutes of stretching!

ZUMBA®
Zumba is a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms utilizing the principles of interval and resistance training with easy to follow dance steps. Zumba is a 'feel-happy' workout that is great for the body, mind and soul.

ZUMBA® GOLD
Zumba Gold, inspired by the latin-dance craze Zumba, is a program designed for older active adults as well those who have been previously sedentary or are in wheelchairs. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with exhilarating dance moves. It develops coordination and burns calories to stave off the weight gain that often accompanies aging.

ZUMBA® - MOM WITH BABY
This program is suitable for pre and (min 6 weeks) post natal participants. Baby must be pre-crawling and in an infant carseat or strap-on carrier.

Winter Group Fitness Schedule

Effective January 2 - April 1 No classes February 18 - 20 or March 12 - 18

All classes with NDRC are at the Newcastle & District Recreation Complex only, all other classes at Courtice Community Complex (CCC)

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
6:10 AM	Kettlebell #131046 6:10 - 6:50 AM	Spinning #131180 6:10 - 6:50 AM	Muscle Moves #131086 6:10 - 6:50 AM		Cardio BOSU #131030 6:10 - 6:50 AM		
9:00 AM	Spinning #131179	Muscle Moves #131087 9:15 AM Cardio Sculpt #131035 9:30 AM NDRC	Spin & Pilates #131132	Spin & Sculpt #135826 9:15 AM Cardio Pilates #131031 9:30 AM NDRC	Spin & Sculpt #131176 Budakon 9:30 AM #131029 NDRC	Quick Spin #131131 9 - 9:30 AM Muscle Moves #135676 NDRC	Spinning #131181
10:00 AM	Muscle Moves #131084	Dance Your Way #131038 10:15 AM Yoga #131197 10:30 AM NDRC	Athletic Yoga #131028	Yogalates #136376 10:15 AM Yoga #131200 10:30 AM NDRC	Muscle Moves #131083 Yogalates 10:30 AM #131204 NDRC	Muscle Moves #131085 9:30 - 10:30 AM 20/20/20 #135677 NDRC	Tai Chi/Yoga #131186
11:00 AM	Yoga #131196				Tai Chi /Yoga #131187	Zumba #131206 10:30 AM	
1:30 PM	Zumba Mom & Baby 1:15 PM #131207	Yoga #131198	Zumba Gold 1:15 PM #131208			<p>Class Descriptions on previous page.</p> <p>NOTE: Instructors are subject to change without notice.</p> <p>Fitness classes may be cancelled at any time due to low participation. We apologize for any inconvenience this may cause.</p>	
4:00 PM				Teen Yoga #131188			
5:00 PM	Yoga #131195	Spin & Sculpt #131177		Kettlebell & Core #131045	Drums Alive #131039		
6:00 PM	20/20/20 #131027	Fitness Fusion #131044 Zumba 6:30 PM Hall A #135726	Kettlebell #131047 NDRC Spinning #131178	20/20/20 #131026 NIA #131089 NDRC	NIA #131088		
7:00 PM	Muscle Moves #131082 Cardio Sculpt #131033 NDRC	Kickbox Bootcamp #131077 Zumba #131205 7:30 PM Hall A	Cardio Sculpt #131032	Kickbox Bootcamp #131076 Cardio Bosu #135626 NDRC			
8:00 PM	Spin & Abs #131133 Yoga #131201 NDRC	Kettlebell 8:00 - 8:30 PM #131048 On The Ball 8:30 PM #131127 Tai Chi/Yoga #131185 8:30 PM Hall A	Pilates #131128 Yoga #131199 NDRC	Spin & Abs #135426 Pilates #131130 NDRC Yogalates #131203 8:30 PM Hall A			

Note: This schedule is subject to change. Please visit our website www.clarington.net or our facilities to obtain a list of cancellations.

LEGEND
Spinning
Mind / Body
Cardio / Impact
Toning / Conditioning

GROUP FITNESS HOLIDAY SCHEDULE

Courtice Fitness / Newcastle Group Aerobics Members - FREE

Adults - \$9.30

Seniors/Youth - \$4.65

NEW Winter Schedule

Begins January 2, 2012



<i>Happy Holidays</i>						
	9:00 AM	9:30 AM	10:00 AM	10:30 AM	6:00 PM	7:00 PM
Tuesdays December 20 December 27		Cardio Sculpt #134726 Newcastle		Yoga #134876 Newcastle	Fitness Fusion #134426 Courtice	Zumba #134476 Courtice
Wednesdays December 21 December 28	Spinning #134526 Courtice		Yoga #134626 Courtice		Kettlebell #134926 Newcastle	Yoga #134976 Newcastle
Thursdays December 22 December 29		Cardio Sculpt #134776 Newcastle		Yoga #134826 Newcastle	20/20/20 #134576 Courtice	Kickbox Bootcamp #134676 Courtice
ALL CLASSES ARE 1 HOUR IN DURATION						

Supporting Healthy Lifestyles

Add Fitness Gift Certificates to your wish list this Winter!

This certificate entitles the bearer to :

service purchased/dollar amount

To: _____

From: _____

Authorized: _____

SAMPLE

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EVENING APPOINTMENTS AVAILABLE. NO REFERRAL NECESSARY FREE PARKING

Learn to Run Extreme WINTER Edition!

DON'T HIBERNATE THIS WINTER!

Come on out to the winter session of Learn To Run. No matter what your current level of fitness, we can adapt a training schedule to meet your goals.

Bundle up, join the group, become more fit, meet new people and have a great time!

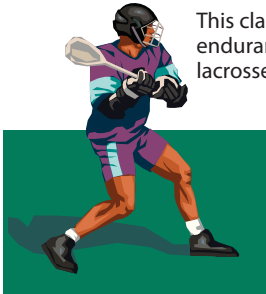
Extreme Winter Edition 6 months cardio conditioning recommended prior to participation.



LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Wednesdays	6:00 PM for 1.5 hour	
	January 4 - March 28	Basic \$71.75 + tax Option to purchase 10 visit pass Adult \$37.75 + tax	Senior/Youth \$36.00 + tax Senior/Youth \$18.75 + tax 131576 135126
No class March 14			

Please note this program is intended for ages 15 +

Lacrosse FIT Ages: 8-12



This class is the perfect opportunity for lacrosse players to get in shape for the upcoming season. Strength, endurance and hand-eye coordination will all be targeted during this five-week pre-season program with lacrosse-specific movements being the main focal point. Helmet, gloves and lacrosse stick required.

LOCATION	DAY	TIME & COST	BARCODE
South Courtice Arena Gymnasium	Sundays February 26 - April 1	Ages 8 - 10 years 5:30 - 7:00 PM \$40.10	135776
		Ages 11 - 12 years 7:00 - 8:30 PM \$40.10	135777



Grade 5 Students

The Grade 5 Action Pass entitles you to FREE and UNLIMITED access to:

- public swimming
- public skating
- some drop-in programs

Check with local recreation centres as programs vary by location.

Your Grade 5 Action Pass is valid throughout your grade 5 year!
(September 2011 - August 31, 2012)

For more information contact Erica Mittag, Fitness Coordinator at 905-404-1525 ext. 28 or emittag@clarington.net



Programs at the Courtice Community Complex

Prices do not include applicable taxes.

Women's Total Fitness

- Lose inches
- Increase strength
- Gain power
- Prevent disease
- Boost esteem

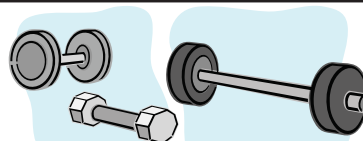
Discover the benefits of adding strength training to your workouts for the ultimate body sculpting and health results. You will leave the session with tools to goal set, design a beginner program and implement a total body workout from cardio to weights to flexibility.

LOCATION	DAY	TIME & COST (+ taxes)	BARCODE
Courtice Community Complex	Session 1 Tuesday/Thursday January 3 - February 9	10:30 AM for 1.5 hours Basic: Adult \$53.50 / Senior \$26.75 Option to purchase 10 Visit Pass: Adult \$45.00 / Senior \$22.50	131191 135226
	Session 2 Tuesday/Thursday February 14 - March 22	10:30 AM for 1.5 hours Basic: Adult \$53.50 / Senior \$26.75 Option to purchase 10 Visit Pass: Adult \$45.00 / Senior \$22.50	131193 131194
	No classes March 13 or March 15 for March Break		

Strength Training for Older Adults (appropriate for ages 55+)

This program is designed with the Older Adult in mind to help you gain valuable knowledge on the fundamentals of strength training. The content includes technique analysis, basic anatomy, determining the ideal starting weights and much more to get you on the path to becoming a stronger and healthier you.

LOCATION	DAY	TIME & COST (+ taxes)	BARCODE
Courtice Community Complex	Mondays January 2-March 19	10:00 AM for 1 hour Basic: Adult \$46.45/ Senior \$23.25	131182
	No class Feb 20 or March 12	Option to purchase 10 Visit Pass: Adult \$43.15 / Senior \$21.55	135326



TEEN PROGRAMS

F.I.T. Club



AGES 13 - 16 YEARS

Develop a personal fitness program! Enjoy the benefits of an active lifestyle!

Teens work with a Fitness Trainer to learn safe and effective training principles and techniques. Each day includes some theory and workout time on treadmills, elliptical trainers, weight machines, free weights and more!

Upon successful completion (80% attendance mandatory) of the F.I.T. Club, you will be eligible to purchase a Youth Fitness Membership!

LOCATION	DAY	TIME & COST (+ tax)	BARCODE
Courtice Community Complex	Mondays / Wednesdays January 2 - February 1	4:00 - 5:30 PM \$80.25	131040
Courtice Community Complex	Saturday & Sunday January 21 - 22	9:00 AM - 4:00 PM \$80.25	131041



Teen Yoga



AGES 12 - 17 YEARS

Designed to help increase stamina, strength, flexibility & balance while focusing on body awareness.

LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Thursdays Jan 5 - Mar 29 no class Mar 15	4:00 - 5:00 PM for 1 hour Basic \$28.25 + tax	131188

SURVIVOR CLARINGTON

Do you have what it takes to be the Ultimate Fitness Survivor? Free to participate! Win great prizes! Challenge yourself to be the Ultimate Survivor!

Participants will be divided into tribes: Trulls, Burk & Conat will compete through various daily/weekly fitness challenges, all the while collecting points for their team. Most points wins and one person will walk away with the title of sole SURVIVOR! Cardio & strength activities as well as classes will be assessed a point value. Participate and collect points for yourself and your team! Participate in challenges along the way for bonus points!

* For Fitness Members: please specify your "typical" workout time when you sign up as it will assist in forming tribes.



*** Whenever & Wherever you work out ***
February 1 - 29, 2012 Cost: FREE
Barcode: #133176 (Fitness Members) #133177 (Non-Members)

The Community Services Department and the Clarington Older Adult Association are pleased to offer the following partnership programs for older adults of Clarington.



Pre-registration is required for all classes

ARTHRITIS FITNESS

This class is suited for those with Osteo Arthritis, Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength which improves your quality of life by decreasing pain, swelling and stiffness. Instructor Doris Lee

LOCATION	DAY	TIME	COST + HST	BARCODE
COURTICE COMMUNITY COMPLEX	Wednesdays Jan 11 - Mar 7 9 WEEKS	10:00 - 11:00 AM	\$33.50 members \$37.45 non members	130876

DROP-IN PROGRAMS

Please pay at Reception Desk upon arrival for all drop-in programs

BADMINTON

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX	Wednesday Jan 11 - Mar 7	10:00 AM - 12:00 PM	\$1.20 members \$1.50 non members PER PLAY



PICKLEBALL

Pickleball is the fastest growing sport among older adults. It is a cross between badminton and table tennis. The game is played on a badminton court with tennis height nets using a larger size table tennis paddle and a wiffle ball. It is fun and all the rage!

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX (closed Feb 20)	Mondays Jan 9 - Mar 5	10:00 AM - 12:00 PM	\$1.20 members
	Thursdays Jan 12 - Mar 8	10:00 AM - 12:00 PM	\$1.50 non members PER PLAY



BALLROOM & LATIN DANCE

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory. *Please no rubber soled shoes*

Instructor: Barbie Cameron with Assistants: John Pyatt & Peter Gill

BEGINNER - Learn the Waltz, Jive and Polka

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays Jan 11 - Mar 28 11 WEEKS No class Mar 14	3:00 - 4:00 PM	\$51.52 members \$55.60 non members	130826

INTERMEDIATE - Learn the Tango, Rumba and Polka

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays Jan 11 - Mar 28 11 WEEKS No class Mar 14	2:00 - 3:00 PM	\$51.52 members \$55.60 non members	130828

BRONZE - Learn the Tango, Jive, Slowfox and Rumba

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays Jan 11 - Mar 28 11 WEEKS No class Mar 14	1:00 - 2:00 PM	\$51.52 members \$55.60 non members	130830

For additional information on the Clarington Older Adult Association, please see page 68.