

ZOOM Fitness Class Schedule

Class descriptions on reverse.

Starting November 10, 2020 | Revised: November 2, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November						
	10 12:15 - 12:45pm CIRC-HIIT	11 9 - 9:45am TBC	12 12:15 - 12:45pm TBC	13 9 - 9:45am CIRC-HIIT	14	15
16 9 - 9:45am ZUMBA	17 12:15 - 12:45pm CIRC-HIIT	18 9 - 9:45am TBC	19 12:15 - 12:45pm TBC	20 9 - 9:45am CIRC-HIIT	21	22
23 9 - 9:45am YOGA FUSION	24 12:15 - 12:45pm CIRC-HIIT	25 9 - 9:45am TBC	26 12:15 - 12:45pm TBC	27 9 - 9:45am CIRC-HIIT	28	29
30 9 - 9:45am ZUMBA						

December

	1 12:15 - 12:45pm CIRC-HIIT	2 9 - 9:45am TBC	3 12:15 - 12:45pm TBC	4 9 - 9:45am CIRC-HIIT
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Pre-register for a ZOOM fitness class at vaughan.ca/RecOnline.

To obtain your membership barcode and PIN in order to book a class, email RecCSD@vaughan.ca or call **Access Vaughan at 905.832.2281**.

ZOOM Fitness Classes

Guidelines

1. ZOOM fitness classes are **FREE** for members.
2. Non-members: \$30 for package (19 classes).
3. ZOOM fitness classes are **30 & 45 minutes** in length.
4. Pre-register for a ZOOM fitness class at vaughan.ca/RecOnline.
5. To obtain your membership barcode and PIN in order to book a class, email RecCSD@vaughan.ca or call Access Vaughan at 905.832.2281.
6. Participants will have the option to turn their **video/camera on/off**. We ask that all participants **mute their mics** upon entry and unmute only when asked to prevent unwanted background noise or interruptions.
7. A Vaughan Fitness **staff will be available to assist** and monitor the class participants to provide assistance through the chat.
8. Classes will be **recorded for quality assurance** and short clips may be posted on Recreation Services social media.
9. A **Zoom access password** will be email to participants prior to each class.

Descriptions

Note: Schedules and instructors are subject to change.

CIRC-HIIT

High intensity interval training where you give 100% during burst-exercises followed by short periods of recovery. Get your heart rate up and burn more calories in less time!

TBC (Total Body Conditioning)

This is a total body workout. Use resistance equipment and your body weight to build strength and improve muscular endurance.

Yoga Fusion

Bringing the best of yoga and pilates to one class! Combine the stability benefits of yoga with the postural awareness of pilates for a balanced workout.

Zumba

It's a total body dance workout! Tone and burn calories to the best cha-cha, mambo, calypso, and belly dance music.



All fitness classes are Heart Wise Exercise designated programs intended for participants who are interested or concerned about their health.

Note: Prior to starting any fitness program, we recommend that you consult with a family doctor for medical clearance. We recommend that you exercise at your own pace and intensity. If you feel any pain in your chest, experience dizziness, or shortness of breath, stop exercising immediately. We will not be responsible for any injury that may occur if you participate in our online workouts.