



Belleville Branch | Fitness Class Descriptions

FITNESS FOR ALL – All are welcome! Traditionally attended by older adults, this class is suitable for any age group! Basic strength exercises combined with low impact cardio moves, balance and stretching, all while groovin' to the oldies; participants can enjoy a total body workout 3 times per week!

Monday, Wednesday & Friday 8:30am

TAI CHI - an ancient healing art that has been used for centuries to help promote the flow of energy throughout the body. It is a practice that relies on mind-body connection to help create a healthy balance and improve overall health.

Monday 10:30am

CARDIO-CORE-SCULPT – Upper body, lower body and core exercises mixed with a little cardio? This class will give you a SERIOUS calorie burn!

Monday 9:30am

Tuesday 5:30pm

Wednesday 10:30am

YOGA – Lengthen your muscles and relax your mind while being led through a series of traditional yoga poses.

Wednesday 9:30am

CHAIR YOGA – Incorporating a chair into a traditional yoga practice makes yoga accessible for all! If balance or compromised stamina for standing positions has stopped you from joining a Yoga class, Chair Yoga is for you!

Thursday 10:30am

CYCLEFIT - Motivating music combined with creative cycling drills ensures a high energy cardio workout!

Monday 5:30pm

MEDITATION - Enjoy the experience of being guided through a series of meditation techniques that will enhance your ability to calm your mind and heal your body. This mindfulness meditation practice uses mantra, breath work and other visualization techniques to create a sense of calm and peacefulness within oneself.

Tuesday 10:30am

CARDIO STRENGTH – A mix of cardiovascular and strength training using a variety of equipment.

Tuesday 8:30am

Thursday 12:10pm

Wednesday 5:30pm

DANCEFIT – It's all about fun, movement and inclusivity. It fuses many dance styles and mindfulness practices with an eclectic mix of music to promote strength, cardiovascular health, flexibility and balance.

Tuesday & Thursday 9:30am

Classes can be adapted for any level of fitness; all are welcome!



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CYCLE-STRENGTH – on the bike, off the bike, this class is non stop! Cycling drills combined with resistance training exercises.

Tuesday 12:10pm

CYCLE-STRENGTH 20-20-20 – a little bit of everything! 20 mins of cycling drills, 20 mins of resistance training followed by 20 mins of core work.

Wednesday 5:30pm

CORE & STRETCH – planks, planks and more planks! This class involves all the basic moves you love to target the abdomen, back and glutes and finishes with a good stretch. Please note, this class is not recommended for individuals with shoulder or back limitations.

Thursday 8:30am

HIGH INTENSITY CARDIO & STRENGTH – High intensity training combining both strength & cardiovascular exercises – be prepared to sweat!

Thursday 5:30pm

PILATES – performed on a mat; exercises target the glutes, hips, pelvic floor and back muscles to promote strength, stability and flexibility in the body.

Friday 9:30am

SATURDAY MORNING WORKOUT - a different instructor each week will guide participants through a variety of workouts that will include strength exercises, cardio moves, core work and stretch. Join us for some weekend fun!

Saturday 9:00am

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