

February 2019 Beacon

Does Winter have you down? Are you ready for bright sunny days? Battle the Winter BLUES with us at the Mooretown Sports Complex – Come boost your endorphins by exercising with us!

Winter Programs at the Mooretown Sports Complex

Spinning Classes

Join the certified spinning instructors for a great workout that improves cardiovascular endurance, muscular strength and power! Join any time for a 10 week session for \$10 per class or buy a 10 pass admission for \$85. Morning Spin classes are held on Tuesdays or Thursdays from 7:00-7:45am. If you're a beginner, there are classes designed for you on Tuesday Evenings from 7:15p.m to 8:00p.m. If you're looking for strength training combined with a spin workout, come to the Bikes & Bells class on Monday or Wednesday evenings from 5:00-6:00pm or Friday from 9:00 – 10:00am.

Muscle Mix Group Fitness Classes

The Muscle Mix group fitness class includes kettlebell training that will build lean muscles, improve strength and power in the upper body, core and lower body and increase co-ordination, joint mobility and overall endurance. ! Classes are Tues. and Thurs. 9:00am – 10:00am and Wed. 6:00 – 7:00 pm. Cost is \$7/class, or \$5.50/class/senior \$50/10 visit pass or \$275/year, Senior is \$255/year for full fitness centre membership.

POUND!!!

“POUND@ is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.” Classes are Thursday evenings 6:00-7:00pm! Cost is \$7/class, or \$5.50/class/senior, \$50/10 visit pass or \$275/year for full fitness centre membership.

Youth POUND!! ~NEW~

Ages 10-15yrs – Registration required!
\$55.00 / 10 weeks - Call today for more information!!!! 519-867-2651

Cardio Kick Boxing

The Cardio Kick Boxing fitness class is a high energy, cardio workout with martial arts moves to get your metabolism revving. Classes are Mon. 6:00-7:00pm! Cost is \$7/class, or \$5.50/class/senior \$50/10 visit pass or \$275/year for full fitness centre membership.

Shallow & Deep Water Aerobics

Enjoy and experience the rejuvenating power of the water! Programs include a variety of exercises that target posture, muscular endurance, strength, cardiovascular, flexibility and balance. Shallow water classes are Mon., Wed., Fri. 10 – 11 am, Tues., Thurs. 8 – 9 pm. Deep water classes are Mon., Wed. 8 – 9 pm. Cost is \$7/class, \$5.50/class/senior \$50/10 visit pass or \$225/year or \$205/year/senior or included in full \$275.00 fitness centre membership.

Water Therapy – Arthritis, Fibromyalgia Water Exercise

This program includes cardiovascular training, functional fitness, muscular endurance and strength, balance and flexibility training with a goal of improved mobility. Classes are Tues., Thurs. 10 – 11 am. Cost is \$7/class, \$5.50/class/senior \$50/10 visit pass or \$225/year or \$205/year/senior, or included in full \$275.00 fitness centre membership. Join any time!!!

Low Impact Exercise – FREE!

This West Lambton CHC sponsored Low Impact Exercise program is held every Mon. & Wed. mornings from 9 – 10 am – October 2018 –April 2019 – Call 519-344-3017 ext. 237 for more information!

Red Cross Babysitting Course

This course is offered on the PA day Friday February 1st and April 5th, 2019 from 8:30 am – 4:30 pm and is designed for youth 11 years and up who want to become a babysitter. The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency. The cost for the program including the manual is \$60.00 per child.

Shinny Hockey is back!

Adult Shinny Hockey will be every Tues. morning from 9 – 10 am beginning Sept. 11th. The cost is \$5/person.

Public Skate

Sunday's 1:00pm – 2:15 pm – Cancelled February 24th and the Last Day is March 24th. Cost is \$2.50/child, \$3.75/adult, and \$7.50/family.

Parents, Tots & Seniors Skate – FREE

Wed. & Thurs. 1 – 2 pm

Lifeguard & Swimming Instructor Courses

You can become a lifeguard & swimming instructor! Looking to offer these programs in the Spring 2019!!! Call NOW for more information 519-867-2651!

To register for any of the above programs contact the Moore Sports Complex at 519-867-2651!