

GROUP CLASSES (Sep 18- Dec 8) - REGISTRATION BEGINS AUGUST 30TH

| Rates for the public, Concordia staff, faculty, members, and seniors (Staff/ Member/Senior), and students. Classes are 9-12 weeks, depending on the class (taxes not included). | Public | Staff/ Member/Senior | Student |
|---|--|-------------------------|---------|
| Power Pulse Circuit - High intensity interval training to burn fat and build muscle. Tues/ Thurs. 6:30-7:30 PM. Sep 19 – Dec 7 (max 12). Instructor: Pouya Mousavi | \$99 | \$87 | \$83 |
| Monday Senior Bootcamp (Beginner) –Tone muscles, improve strength and balance while performing functional movements. Mon. 12-1 PM. Sep 18 – Dec 4 (max: 15). No class Oct 9. Instructor: Daniela Presta | Free for Seniors – Limited spaces available | | |
| Wednesday Senior Bootcamp (Advanced) – Tone muscles, improve strength and balance while performing functional movements. Wed. 12-1 PM. Sep 20 – Dec 6 (max: 15). Instructor: Daniela Presta. | Free for Seniors – Limited spaces available | | |
| 40 + Lifting – Learn the proper weightlifting technique for basic weightlifting movements. Tues./Thurs. 12 - 1 PM. Sep 19 – Dec 7 (max 22). Instructor: Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics | \$147 | \$129 | \$123 |
| Pilates – Activate your core and tone your whole body. Tues. 12 - 1 PM. Sep 19 – Dec 5 (max 15). Instructor: Jaime Haraldson | \$96 | \$84 | \$80 |
| Yoga – Stretch and strengthen your body through movement. Tues. 1 - 2 PM. Sep 19 – Dec 7 (max 15). Instructor: Jaime Haraldson. | \$96 | \$84 | \$80 |
| Aerobics – Decompress your day and energize your evening with moves that will get your heart pumping. Tues. 6:15 -7:15 PM. Sep 26 – Dec 7 (max 15). No class Sep 19. Instructor: Tanja Trost | \$53 | \$46 | \$44 |
| Pilates – Build core strength, improve posture, and increase flexibility using classical Pilates exercises. Learn efficient breathing techniques and develop longer and leaner muscles! Wed. 4 - 5 PM Sep 20 – Nov 22 (max 15). No class Nov 1 (9 weeks). Instructor: Alida Esmail | \$86 | \$75 | \$72 |
| Tai Chi Beginner – Learn the movements and positions of Tai Chi to improve your body and mind. Thurs. 12 – 1 PM. Sept 21 – Dec 7 (max 15). Instructor: Heather MacDow | Free for Seniors – Limited spaces available | | |
| CIRCL Mobility/ Pilates- Stretch muscles that are prone to tightness to improve posture and mobility. Thurs. 6 – 7 PM Sep 21 – Dec 7 (max 15); Fri. 2:30 – 3:30 PM (Sep 22 – Dec 8). Instructor: Emily Martinez de Lee. | \$96/ea | \$84/ea | \$80/ea |
| Zumba (M/W) – Energize your body to the sound of Latin music. Mon/Wed. 7 - 8 PM. Sep 18 – Dec 6 (max 15). No class Oct 9. Instructor: Clara Abou Arraj | \$99 | \$86 | \$82 |
| Zumba (TH) – Energize your body to the sound of Latin music. Thurs. 5 - 6 PM. Sep 21 – Dec 7 (max 15). Instructor: Emily Martinez de Lee. | \$96 | \$84 | \$80 |
| Zumba (F) – Energize your body to the sound of Latin music. Fri 12:15 -1 PM (45 min). Sep 22 – Dec 8 (max 15). Instructor: Emily Martinez de Lee. | \$55 | \$48 | \$35 |
| Spinning –Develop leg strength and improve your fitness with interval-based training on a bike. Thurs. Sep 21 - Dec 7; 1:30 - 2:30 PM; 2:30 - 3:30 PM (Beginner); Fri. Sep 22 – Dec 8; 1:15 – 2:15 PM. Instructor: Emily Martinez de Lee. | \$105/ea | \$100/ea | \$99/ea |