

# TOWN OF PENETANGUISHENE ADULT PROGRAMS



## 1 MOBILITY & STABILITY

Join Jillian Le Gros in a low-impact 45-minute workout that will help you stretch and build strength and flexibility, so your muscles and joints can reach your physical goals. Please bring a mat, mini band (optional), water, notebook & pen. **Note:** This workout is complimentary to, or a great warmup for, the HIIT Basics & Beyond class that follows. No Class: March Break (March 15th).

JAN 11 - MAR 29 | TUES 5:00pm - 5:45pm |  
Penetanguishene Memorial Community Centre | \$66

## 2 HIIT BASICS & BEYOND

45min of alternating short, high intensity, foundational movements with less intense recovery periods and a warm-up and cool down. Each week Jillian Le Gros will guide you to challenge yourself with more weight/resistance &/or more intensity. Please bring a mat, 2 medium weights, 2 lightweights & 2 heavyweights (optional), Mini Band (optional), water, notebook & pen. No Class: March Break (March 15th).

JAN 11 - MAR 29 | TUES 5:50pm - 6:35pm |  
Penetanguishene Memorial Community Centre | \$66

## 3 YOGA WITH CHRIS

Accessible yoga for all body types. No experience is needed. Come breathe, stretch and relax. Please wear comfortable clothing, bring a mat and if needed your water bottle. No Class: March Break (March 15th).

JAN 11 - MAR 29 | TUES 6:45pm - 7:45pm |  
Penetanguishene Memorial Community Centre | \$66

## 4 ADULT DANCEFIT

A dance/fitness class where you learn SIMPLE and EASY choreography from a variety of different dance styles (Hip Hop, Jazz, Bollywood, Latin, African, Contemporary, Swing, Disco + more!). The choreography is simple so that you can dance your own way! Please bring comfortable clothing, running shoes, a mat, and water. No Class: March Break (March 18th).

JAN 14 - APRIL 1 | FRI 12:00pm - 12:50pm |  
Penetanguishene Memorial Community Centre | \$66

## 5 KETTLEBELL FIT

This class is for you if you want to tone up, blast fat, and improve your fitness level! Featuring a combination of Kettlebell exercises & circuit training to target multiple body parts and deliver fast results (strength, endurance & muscle toning). Appropriate for all levels. Bring your own Kettlebell, yoga mat, and water bottle. No Class: March Break (March 17th).

JAN 13 - MAR 31 | THURS 5:30pm - 6:30pm |  
Penetanguishene Memorial Community Centre | \$66

## 6 ZUMBA

Zumba is a fun aerobic workout that mixes dance moves with different genres of music. It's a great way to get your daily exercise while meeting new people. Come ready to sweat and JOIN THE PARTY! Make sure you have training/running shoes and water! No Class: March Break (March 17th).

JAN 13 - MAR 31 | THURS 6:40pm - 7:40pm |  
Penetanguishene Memorial Community Centre | \$66

## 7 STRETCH AND STRENGTH

This class is a combination of strength, stretch & breathing exercises. Each class will help you to improve your strength, flexibility, and cardio at a gentle pace. The class ends with breathing & relaxation. A great option for those with restricted mobility or the older generation that requires a gentle fitness class. No Class: March Break (March 18th).

JAN 14 - APRIL 1 | FRI 9:05am - 9:55am |  
Penetanguishene Memorial Community Centre | \$66

## 8 BABY AND ME BOOTCAMP

Bring your baby or toddler and get fit bootcamp style! If you are ready for a high-energy indoor workout - this class is for you. Baby & Me Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio, and core. Exercises will be modified according to the age of the children attending. Please bring comfortable clothing, running shoes, a mat, and water. No Class: March Break (March 18th).

JAN 14 - APRIL 1 | FRI 11:00am - 11:50am |  
Penetanguishene Memorial Community Centre | \$66

# TOWN OF PENETANGUISHENE YOUTH PROGRAMS

## 1 JR. & INTERMEDIATE BAND

AGE 8+

Whether you are in a school music class or band and want some extra practice on your instrument, or just want somewhere to have fun playing your instrument and learn some new music, come be part of the band! Choose from flute, clarinet, trumpet, saxophone, french horn, trombone, or euphonium. Please bring: **Participants must supply their own instruments.** No Class: March Break (March 16th).

JAN 12 - MAR 30 | WED 4:00pm - 4:50pm |  
Penetanguishene Memorial Community Centre | \$66

## 2 BUCKET DRUMMING

AGE 9+

If you haven't seen bucket drumming before, check it out on YouTube! Kids will have a great time learning about note reading then using that knowledge to create their own music using a variety of techniques on their drums! Join us for lots of noise, music, and rhythmic fun! Pricing includes a bucket. No Class: March Break (March 16th).

JAN 12 - MAR 30 | WED 5:00pm - 5:50pm |  
Penetanguishene Memorial Community Centre | \$76

## 3 LITTLE MINIS GROOVE DANCE

AGE 1-6

Introduce your little ones to the world of dance. Structured to stimulate coordination, listening, balance, music interpretation, creative movement & motor development. Adult participation is required with children. No Class: March Break (March 18th).

JAN 14 - APRIL 1 | FRI 10:05am - 10:50am |  
Penetanguishene Memorial Community Centre | \$60

REGISTER NOW



REGISTRATION OPENS MONDAY NOV 29  
VISIT: [HTTPS://TOP.RECDESK.COM](https://top.recdesk.com)

Patrick Anderson  
Recreation and Events Coordinator

10 rue Robert Street West/ouest

Penetanguishene, Ontario

L9M 2G2, P.O. Box 5009

Telephone: 705-549-7453 ext. 223

Email: [recreation@penetanguishene.ca](mailto:recreation@penetanguishene.ca)

## 4 YOUTH ZUMBA

AGE 13-17

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate alternating fast and slow rhythms to help improve cardiovascular fitness. Anyone can join the party! Participants should bring a pair of workout shoes and water. No Class: March Break (March 18th).

JAN 14 - APRIL 1 | FRI 5:00pm - 5:50pm |  
Penetanguishene Memorial Community Centre |  
\$66

## 5 ART ATTACK

AGE 8-12

With the guidance of a professional Quest Art instructor, young artists will explore a range of techniques including drawing, painting, printmaking, sculpture, and collage. Art supplies included.

JAN 15 - FEB 19 | SAT 1:00pm - 2:30pm |  
Penetanguishene Memorial Community Centre |  
\$60

## 6 BABYSITTING COURSE WITH CERT

AGE 10+

If your child is thinking about becoming a babysitter then this course is a must! Learn the basic responsibilities of caring for young children, first aid skills, and safety knowledge. Please bring a peanut free snacks & lunch, a doll, and a pencil/pen to class.

OPTION #1: JANUARY 23 | SUNDAY 9:00AM - 4:00PM  
OPTION #2: MARCH 6 | SUNDAY 9:00AM - 4:00PM  
Penetanguishene Memorial Community Centre |  
\$45

## 7 HOME ALONE COURSE WITH CERT

AGE 8+

This program prepares youth for the step of being Home Alone. This course is designed to give youth information about the responsibility of being alone & share information about household hazards such as fire, home & internet safety, basic first aid & the importance of knowing the dangers of strangers.

JANUARY 16 | SUNDAY 9:00AM - 12:00PM  
Penetanguishene Memorial Community Centre |  
\$40

# TOWN OF PENETANGUISHENE SENIOR PROGRAMS

## 1 SENIOR CIRCUIT TRAINING

This "curves type" class is a combination of strength, stretch, and breathing exercises. It is offered at different stations in the room. This is a great class for those with restricted mobility. Some exercise will be offered in a chair. Please bring workout clothes and runners. No Class: February 21st & March Break (March 14th)

JAN 10 - MAR 28 | MON 10:20am-11:20am |  
Penetanguishene Memorial Community Centre | \$60

## 2 SHUFFLEBOARD

When you register for a timeslot, you are registering for that timeslot on both Monday and Wednesday. \$10 covers all sessions.

MON JAN 10 - MARCH 28 | WED JAN 12 - March 30  
TIME SLOTS: 12:45pm - 1:45pm OR 2:00pm - 3:00pm  
Penetanguishene Memorial Community Centre | \$10

## 3 NORDIC POLE WALKING

Nordic walking is a total body version of walking that can be enjoyed both by non-athletes as a health-promoting physical activity and athletes alike. This outdoor program will start from the Penetanguishene Memorial Community Centre. Please bring your own poles if possible. No Class: February 21st & March Break (March 14th)

JAN 10 - MAR 28 | MON 12:30pm - 1:30pm |  
Penetanguishene Memorial Community Centre | \$60

## 7 BODY FRIENDLY CHAIR YOGA

Please join Sherri, YT500 Hour Trauma-Sensitive Yoga Instructor for an hour of relaxation, strengthening, and stretching using a chair. We will incorporate some balance poses, and simple asanas to enhance a full body awakening with our gentle movement. Participants are encouraged to bring their own yoga mat, water bottle, 2 yoga blocks and a towel or small pillow for comfort. No Class: March Break (March 17th)

JAN 13 - MAR 31 | THURS 10:00am - 11:0am | Penetanguishene Memorial Community Centre | \$66

## 4 SENIOR GENTLE STRETCH

This program works on pelvic floor-friendly positions, bringing a full-body movement experience to help gently strengthen and stretch our bodies. We will be up and down on our mat positions, and on hands and knees. Modifications will be available. Participants are encouraged to bring their own yoga mat, water bottle, 2 yoga blocks, and towel or small pillow for comfort, and a blanket if desired for end relaxation. No Class: March Break (March 15th).

JAN 11 - MAR 29 | TUES 10:00am - 11:00am |  
Penetanguishene Memorial Community Centre | \$66

## 5 VON SMART EXERCISES

**Tuesday:** Cardio, strength, balance, coordination, and flexibility

**Friday:** Strength, balance, coordination, and flexibility

JAN 11 & 14 - MAR 29 & April 1 | TUES & FRI 1:00pm - 1:45pm | Penetanguishene Memorial Community Centre | FREE PROGRAM | Must call to register: 705-355-2200

## 6 BY THE BAY RUG HOOKERS

In this class, not only will we do primitive rug hooking but knit, crochet, and other various crafts. We as a group would willingly teach those who would like to join and learn!

JAN 12 - MAR 30 | WED 10:30am - 12:30pm |  
Penetanguishene Memorial Community Centre | \$20

## RECREATION PROGRAM REGISTRATION

### ONLINE BOOKING

The Town of Penetanguishene is pleased to announce the launch of RecDesk, a new online recreation program booking software that allows you to register for programs from the comfort of your own home!

VISIT: [HTTPS://TOP.RECDESK.COM](https://top.recdesk.com)

rec desk



### IN-PERSON OPTION

Recreation staff are able to assist over the phone, email, or in-person to assist with online registration. For assistance, please use the contact information below.

**Patrick Anderson**

Recreation and Events Coordinator

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