

LAND FITNESS: GROUP FITNESS, YOGA, BLAST CLASSES

1hr Land Fitness Passes - Group Fitness, Yoga

Group Fitness

This program is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Fee: 1 visit — \$8.15; 10 visits — \$59.05; 20 visits — \$95.40

30 Minute Blast Passes - Yoga Blast, Full Body Blast

Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes. Each Blast Class targets specific muscle groups for the most time-efficient workout possible.

Fee: 1 visit — \$4.10; 10 visits — \$29.55; 20 visits — \$47.70



ALL FITNESS LEVELS WELCOME!

No need to pre-register.

Check-in at Customer Service Desk.

Please bring your own mat, water bottle & towel

For more information:

519-688-9011

calendar.tillsonburg.ca/recreation

Monday	Tuesday	Wednesday	Thursday	Friday
Group Fitness 9:00am – 10:00am		Group Fitness 9:00am – 10:00am		Group Fitness 9:00am – 10:00am
Yoga 10:15am – 11:15am		Yoga 10:15am – 11:15am		Yoga 10:15am – 11:15am
Full Body Blast 5:45pm – 6:15pm				
Yoga Blast 6:30pm – 7:00pm	Full Body Blast 6:30pm – 7:00pm	Full Body Blast 6:30pm – 7:00pm		