

In honor of this theme, the City's Fitness department will be offering free workshops throughout the month at our various community centres showcasing some of our new and exciting older adult group fitness programs.

# Free Fitness Workshops in June

## Zumba Gold Toning 55+

This class combines lightweight resistance training with Latin rhythms and simple dance moves to create a one of a kind fitness program that is fun and works! It incorporates intervals of fast and slow rhythms and muscle conditioning using light hand weights ranging from 1-3 pounds designed to tone your body while burning calories.

**Friday, June 8**      **9:00 am - 10:00 am**  
George Ashe LCC - Helen Paris Room

## Chair Pilates 55+

Maximize your strength and wellness with this low impact pilates class. This class is designed for those who have trouble getting up and down from the floor or merely want the safety and support of a chair. The focus is on seated as well as standing core exercises to strengthen the spine, and increase strength and mobility of the joints in order to improve the function of the body in daily tasks.

**Tuesday, June 12**      **11:30 am - 12:30 pm**  
Pickering Rec Complex - Fitness Studio C

## Back to Basics 55+

Designed for older adults that are new to exercise and/or require the use of walking aids such as canes and walkers. This class incorporates seated strength training and stretching exercises along with walking.

**Thursday, June 14**      **11:30 am - 12:30 pm**  
Pickering Rec Complex - Fitness Studio A

## Barre and Balance 55+

Using a chair for support, this class incorporates the disciplines of yoga, pilates and ballet to perform a variety of strength and balance exercises to increase range of motion, mobility and confidence. Modifications will be offered.

**Tuesday, June 19**      **12:30 pm - 1:30 pm**  
East Shore CC - Gymnasium

## Seated Zumba Gold 55+

All the fun of the latin-inspired Zumba® fitness revolution, without the impact. This easy-to-follow chair fitness program offers seated exercises to international and popular music. Great for anyone that enjoys a good party while having mobility limitations.

**Thursday, June 21**      **2:00 pm - 3:00 pm**  
East Shore CC - Gymnasium

Get your free ticket online

[pickering.ca/fit](http://pickering.ca/fit)

under the **What's Happening Tab**

