



Small Group TRAINING

Check out our July small group training line-up designed to help you stay fit this summer. All programs are 4 weeks.

Early Riser 18+

Exercising before work helps wake you up, gets you mentally prepared for the day, and jump-starts your metabolism. Why not set your alarm for this energizing group training class, incorporating elements of cardio, muscle strength & endurance.

Tu/Th July 10-Aug 2 6:15am-7:15am 10906 \$102.00

TRX Suspension Training 18+

Push your body with this Functional Suspension Training workout and have fun doing it! TRX® Suspension Training helps you build strength and increase muscle tone, flexibility, and balance, giving you a total body workout in a small group atmosphere.

M July 16-Aug 13 6:15am-7:15am 10966 \$51.00

Th July 12- Aug 2 11:30am-12:30pm 10968 \$51.00

Th July 12 – Aug 2 6:00pm-7:00pm 10972 \$51.00

Sa Jul 14 – Aug 4 10:30am-11:30am 10970 \$51.00

Use It & Lose It 18+

A weight loss program designed to increase strength, endurance, cardiovascular fitness and athletic performance. Challenge yourself with dedication and watch your body transform. Every workout is different - all you have to do is use it, and you'll definitely lose it!

M Jul 16 – Aug 13 7:00pm-8:00pm 10978 \$51.00

Tu Jul 10-Jul 31 7:00pm-8:00pm 10974 \$51.00

W July 11- Aug 01 7:00pm-8:00pm 11104 \$51.00

Th Jul 12- Aug 2 7:00pm-8:00pm 10975 \$51.00

Work It 18+

This small group training program is specifically designed to work you out! Be prepared to sweat, laugh, and get fit all in a fun one-hour circuit class. No fitness experience required, just your positive attitude and willingness to try!

M Jul 16 – Aug 13 8:00pm-9:00pm 10980 \$51.00

W Jul 11- Aug 1 8:00pm-9:00pm 10982 \$51.00

X-Fit Pickering 18+

X-Fit Pickering is a fun and engaging exercise program designed to increase your power and strength. This class focuses on varied functional movements with moderate to high intensity effort. It incorporates the best aspects of sport, weightlifting, running and agility. Every class is filled with a different exercise routine that will surely challenge the body and mind.

Tu Jul 10- Jul 31 6:00pm – 7:00pm 11129 \$51.00

Sa Jul 14- Aug 4 9:00am-10:00am 10984 \$51.00

Su Jul 22- Aug 12 9:00am-10:00am 10985 \$51.00

Spaces still available. pickering.ca/registration

Meet our New Personal Trainers

Join us in welcoming our 2 newest members of the personal training team:

Nicholas

Certified Personal Trainer (CPT) through Canadian Society of Exercise Physiology (CSEP),

Educational Background:

Bachelor of Health Science (Honours) Kinesiology

Currently completing Chiropractic Doctorate at the Canadian Memorial Chiropractic College (CMCC)



Why I Love My Job:

I love my job because it allows me to push my clients to attain their goals. I find that it is not always easy to attain what we want to in life and sometimes we all need a little help to get there. Overall, I am glad that I can be there to help my clients achieve their fitness and health goals that seem out of reach.

Jenna

Certified Personal Trainer (CPT) through Canadian Society of Exercise Physiology (CSEP),

Educational Background:

Fitness and Health Promotions Diploma, Honours

Bachelor of Physical Education



Why I Love My Job:

I have played sports recreationally and competitively since I was three years old. In the winter I played hockey and basketball. In the summer I played soccer and occasionally box lacrosse. My whole life has revolved around being active. Obtaining a career in a health related field really seemed to fit. I love the thought of helping others achieve their personal fitness goals. I also love that I can continue to work in a positive team as I did for many years playing sports.

Jenna and Nicholas join our other 2 exceptional personal trainers, Kristina and Kim, who are also certified CPT's through CSEP.

Speak to one of our fitness staff today to learn more about our personal training services at the Recreation Complex. We offer a variety of services to cater all your health and fitness needs.

Summer Pickleball League Let's Play!

July 3 - August 28, 2018

Tuesdays & Thursdays from 10:00 am - 12:00 pm

Pickering Rec Complex - Delaney Arena

All Ages and Skill Levels Welcome!

Join us for a fun summer of Pickleball, in Pickering's first summer league! All equipment available for participants to use. Prizes for league champions!

Activity code: 12450 \$90.00 per player

Register at **Pickering Active Online** or in person at the Rec.