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Check out this 'SNEAK PEEK' at our winter offerings!

Aqua Bootcamp
 This new class combines power drills, speed bursts and strength training with tabata intervals. In this class participants will be using aqua gloves with their body strength to perform moves that will increase their heartbeat.

Ab Lab
 A 30-minute core workout taking place in the stretching area of the fitness centre. Great for those looking to round out their workouts or to add a little more core into their routine.

Gentle Yoga
 A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility. User-friendly and ideal for all fitness levels.

Cardio Kickbox
 A fast-moving class filled with kicks, punches, and strength training to help you have fun while getting fit!

Hydrorider
 A unique stationary bike class where you pedal while immersed up to your chest in water. Water shoes are mandatory. Must be 16 years of age or older to attend.

Stroller Fit
 Trainer-led walking groups using the indoor walking track and exercise studio, providing more structure and support than working out independently. Starts Jan. 18

Older Adult Fitness Class
 This is a low impact cardio, strength, balance and flexibility training class designed with the older adult in mind. Led by Sheila Rafferty, this class has a \$2.50 drop-in fee. Please contact Sheila for information at Sheila.j.rafferty@gmail.com or by phone at 902-896-2300.

For more information and schedules on winter classes and activities available at the RECC, visit ratheastlinkcommunitycentre.ca or call 902-893-2224

"NO REGRETS" WARRANTY
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