



Adult Programs



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Couch to 5K

This running program will take you from sitting on the couch to being able to run 5 Km. You take part in 1 instructor-led run per week, and you will run 2 times additionally on your own through the week. You will receive an easy-to-follow running plan. No previous running experience is required.

Age: 13+ Years

Location: Magna Centre

Baby & Me Yoga

Calling all new moms! Learn to do yoga poses while adapting to your new bundle of joy! Each class provides postnatal exercises that will increase your energy, flexibility and improve muscle strength. This class is an excellent opportunity to connect with other new moms in the community. Moms must be 8+ weeks postpartum with medical clearance to begin a fitness routine.

Age: 16+ Years

Location: Magna Centre

HIIT Parent

You're a parent. You're up early, you're to bed late, and all the hours in between are filled with no 'me' time. That's why HIIT workouts are for you! High-intensity interval training is one of the most effective and efficient workouts you can do. This class is for all levels and for those who need to start somewhere. Come and work out with your baby and other parents in this fun-filled class.

Age: 16+ Years

Location: Magna Centre

Prenatal Yoga

By practicing yoga during pregnancy, an expectant mother invites harmony into her body. Yoga helps release stress and maintain better health, enabling the mother to cope with the changes in her body calmly. The class is specifically designed to introduce yoga poses, theory and health precautions for mothers-to-be.

Age: 16+ Years

Location: Magna Centre

T.I.M.E. Exercise Program

TIME is an exercise program tailored to people with neurological conditions such as Stroke, Acquired Brain Injury (ABI), Parkinson's Disease, Multiple Sclerosis or have challenges with balance and coordination. This exercise program involves moving through circuit stations devised by Toronto Rehabilitation Institute physiotherapists and led by fitness instructors. The focus is on improving balance and coordination abilities. Participants are required to walk independently for 10m with or without a walking aid. The 60-minute class incorporates a warm-up, circuit stations and ends with a cool-down. The ratio of participants to staff is 1:4 & can increase to 1:6 when the participants improve their fitness levels.

Age: 50+ Years

Location: Magna Centre



To register visit
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