

Recreation & Fitness Programs at the Deseronto Community Centre

Fitness Programs

Karate Classes

Adults: Mondays from 7:00pm - 9:00pm

Families: Thursdays from 7:00pm - 9:00pm

For details call 613-396-3432 or email aconger@deseronto.ca



Fitness classes by Elite Personal Fitness

Personal Trainer: Mandi Fletcher-Tisdale

Fitness Bootcamp Classes: Tuesday & Thursday evenings 6-7pm

50-minute full body workout including cardio, strength training, flexibility and core conditioning

Yoga Classes: Wednesdays from 6-7pm

Mom & Tot Yoga: Thursdays 10:30am (Oct 13 - Nov 17)

Details:

Contact Personal Trainer Mandi Fletcher-Tisdale @ 613-396-1651 or email: trainer_mandi@yahoo.ca

Please wear comfortable clothing and shoes and bring a yoga mat and water. One-on-one Personal Training is also available.



Zumba Fitness Classes

Are you ready to party yourself into shape? The Zumba® program is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™. Begins Sept 28th

Wednesdays from 7-8pm • Cost: \$8/class or \$96/14 weeks

Details: Call 613-396-3432 or email aconger@deseronto.ca



Birthday Parties & Celebrations

Are you celebrating a birthday or special event? Have your party on ice at the Community Centre! Cost: \$170.00

Includes one hour ice rental and 2 hour hall rental. Use of other Community Centre facilities such as tennis courts and ball diamond may be available upon request.

