

HEALTHIER LIVING CENTRE

With HLC Membership you have access to free fitness programming and receive invitations to all special events and outings.

Note: Charge may apply for special events and outings

THE HANGAR

Downsview Park, 75 Carl Hall Road

Walking Club

Located at an indoor sports field at the spacious Hangar of Downsview Park. Energize your day by starting it with instructor-led stretching exercises followed by walking. Benefits include improved balance, coordination, and posture



NORTHWOOD COMMUNITY CENTRE

15 Clubhouse Court

Cardiofit

Drop in to our CardioFit exercise class for a full body workout combining low impact movements with a strengthening component. Energizing with simple and easy movements that helps you to create a stronger functioning heart.

Chair Fitness Fusion

Chair Fitness Fusion is a low-impact exercise class designed to increase balance, flexibility and strength through seated exercises and light aerobics. Hand-held weights, elastic bands, and small, hand-held balls are used.

Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Empowering your body, mind, and spirit to reach your full potential. Practice deep breathing and balancing techniques while using a full range of motions in the joints to strengthen your muscles.

Dancercise

Dancercise is low-impact Zumba. This version of Zumba provides clear instruction and is suitable for every participant of any fitness level. This program encourages seniors to move in different directions from everyday movement, improving overall balance and stamina.

Fun and Fitness

Have lots of fun with the Fun and Fitness exercise class. Fun and Fitness delivers muscle building and toning, stretching, cardio, and breathing techniques that incorporates movements that puts a smile on your face and joy in your heart.

Line Dance - Beginner & Intermediate

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals. Line Dance will challenge every part of your system: auditory, visual, mental alertness, coordination, and cardiovascular system. No partner is required as steps are performed individually.

Stretch and Strengthen

Incorporating yoga stretching principles with strength training exercises to help promote greater mobility, better circulation, and increased strength. This exercise class supports weight loss and weight maintenance programs, as well as prostate health. Participants will also be offered tools that can be carried into everyday activities.

Soca Rhythms Fitness

The Soca Rhythms Fitness exercise class is a mix of Indian and African music with Latin moves. Move through a variety of exercise and dance steps that focus on cardio and strengthening of muscles to increase flexibility and a range of movement.

Tai Chi Chih

The purpose of the class is to balance and circulate the body's energy. It is not self defense or exercise. Rather it is a slow, continuous body meditation. Some benefits are physical balance, greater flexibility, stress relief and more. This practice can help transform Thinking, Feeling and Behaviors which prevent healthy living.

Yoga

Just one yoga class can lift your spirits and brighten your day. This modified yoga program is specially designed to increase flexibility and balance in seniors with stretching and deep breathing. You may bring your own mat or borrow one from HLC.

Zumba

Enjoy a full body, fun-filled, high-impact aerobic style exercise class with easy dance steps to the rhythm of upbeat Latin and International music. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, and martial arts.