



Township of North Kawartha
Department of Parks and Recreation
280 Burleigh Street, PO Box 550, Apsley, ON K0L 1A0
Tel: 705-656-4445 | 1-800-755-6931 | Fax: 705-656-4446
www.northkawartha.ca

NKCC Fitness Centre – 340 McFadden Road

Complete information on the Township website: www.northkawartha.ca then go to “Fitness Centre”
Hours of Operation are Weekdays 6:00 am to 9:00 pm and Weekends 9:00 am to 5:00 pm

The Fitness Centre at the NKCC is the first of its kind in the area. Made possible with a grant of almost \$100,000 from the Ontario Trillium Foundation (OTF), the funding was used to purchase a full complement of fitness equipment. The facility also has satellite and big screen TVs for entertainment while working out, card readers for members' easy entry, closed-circuit television for member safety, and fully-equipped change rooms. Additionally, group fitness classes (see below) are offered, and conducted by qualified instructors.

Each patron must purchase a membership and fill out the requisite forms, which are valid for one year. Memberships may be purchased at the NKCC. The most you can pay is \$9, for an Adult Day pass. There are Youth/Student and Senior discounts, and the longer the membership (Monthly, Quarterly, Semi-annual, Annual), the greater the discount. Students age 13 to 15 must be accompanied by an adult. Senior rates apply to members age 65 and older. A membership does **not** include a guest.

Members are responsible for providing their own towels for use in the showers. Equipment must be wiped down after use with the small towels and spray bottles of cleaning products provided for this purpose.

Fall 2024 Core/Resistance Training Classes

Session Dates: Three classes per week, running Dec. 02, to Dec. 13, 2024 (inclusive)

Core (Min. 4 / Max. 12 participants) - \$52.50 + HST for six classes per session. Drop in fee \$12
Building from the Core out, this class will strengthen and tone the entire body, targeting all major muscle groups. To receive the full benefit of this program, classes are held three times a week for a period of three weeks. If you're looking for a fun and challenging workout, this is your class!

Mondays, Wednesdays, and Fridays from 8:30 am to 9:30 am

Please note: It is not necessary to purchase a Fitness Centre Membership to participate in these classes, however, the requisite registration forms must be filled out and are valid for 12 months. A participant who has purchased an Annual Fitness Centre Membership receives a 10% discount off any class fee. Payment is by cash, cheque, or debit. Cheques made payable to: Township of North Kawartha

If the minimum numbers of participants are not registered, the class will not run. To ensure the running of these classes, please register in advance. Contact Instructor Mark Best at 705-656-2589, or the NKCC at 705-656-4445 Ext. 251.

Community Care Exercise & Falls Prevention Classes

Session Dates: Mondays and Wednesdays, from 10:00 am to 11:00 am

These classes are offered in conjunction with Community Care, and are conducted by qualified instructors. The intent is to increase strength and flexibility, and reduce falls through specific exercises geared to adults 55 and older, at a nominal drop-in fee. For additional information, contact Katie at Community Care at 705-656-4589, or the NKCC at 705-656-4445 Ext. 251.