

Fitness Opportunities at Durham College



The Flex, the campus' athletic training facility, is now entering its fourth year and as always, Durham College retirees receive free membership!

For member convenience, we are currently open:

- Monday-Thursday: 6am-10:30pm
- Friday: 6am-8:30pm
- Saturday: 7:30am-5:30pm
- Sunday: 7:30am-7:30pm

Our summer hours are generally:

- Monday-Thursday 7am-7pm
- Friday: 7am-5pm
- Saturday and Sunday 10am-4pm

During the school year, peak times for member attendance and use are between 11am-6pm. You may find this helpful when planning your visits to the gym.

All of our cardio equipment (treadmills, bikes, cross trainers) is brand new as of the beginning of the 2010 academic year with equipment being consistently monitored to ensure high quality functioning. As well, we provide members with various resistance training methods through an assortment of resistance machines, stability and med balls, free weights, cables, balancing apparatus and group fitness classes.

For those that enjoy working out with friends (and making new ones), the Flex offers these classes on weekdays. This semester's group fitness class lineup includes:

- Cardio Box
- Training Camp
- Cardio Sculpt
- Fusion
- Spin
- Step
- Muscle Conditioning
- Core Stability Ball
- Yoga
- Yogalates
- Introduction to Personal Training

If you would prefer to work one-on-one with a trainer, the Flex also offers affordable personal training in one, three or six session packages, for which you will receive the discounted staff rate. During these sessions, one of our personal trainers will work with you to develop a program that best suits your fitness goals, needs, preferences and workout and medical history.

If you are just beginning your exercise routine and would like an idea of your current fitness level, the Flex offers fitness assessments. The Canadian standard of fitness testing, these assessments measure body composition, aerobic endurance, muscular strength, endurance and flexibility. With these measurements, you will receive an idea of your current fitness level based on other Canadians in your age group and gender.

Please don't hesitate to contact Angie Wood, Fitness Coordinator for the Department of Athletics, with any questions you may have regarding the Flex, personal training, fitness assessments or group fitness classes.

Angie Wood www.angela.wood@dc-uoit.ca 905.721.2000 ext 2100



Perhaps you'd like to get some physical activity in another fashion? Why not lace up your skates and partake in free public skating at the Campus Ice Centre? Durham College retirees can join in a free skate from 12-2 Mondays to Fridays. Grab a friend, go for a skate, then visit Shagwells for a little refreshment!

Questions about free public skating or the Campus Ice Centre? Please feel free to contact Tim Watson at Tim.Watson@dc-uoit.ca or at 905.721.2000 extension



How else can you get active? Perhaps a friendly tennis match with friends or a more structured workout through tennis aerobics at the Campus Tennis Centre. CTC annual memberships are \$225 (a discount of \$100 annually) plus court fees which vary depending on the time and day. The centre is open Monday, Wednesday and Friday from 7am-11pm, Tuesday and Thursday from 9am-11pm and Saturday and Sunday 8am-8pm. The Campus Tennis Centre has 6 clay tennis courts, which are bubbled all year round making it the perfect place to get a leg up on your tennis game through the winter! Also available at the CTC is tennis aerobics; a great way to come and try out the Campus Tennis Centre. Make sure you call in advance to book a spot as they take a maximum of six players per court.

Questions regarding the Campus Tennis Centre may be directed to Ken Crosina at ken.crosina@dc-uoit.ca or at 905-721-3122.



Durham College will be hosting the 2011 Canadian Colleges Athletic Association men's basketball championship March 17-19. The top eight teams from the country will participate in the tournament, including one team each from Alberta, British Columbia, Quebec, Ontario and the Atlantic provinces. Two wild card teams and the host, Durham College, will also be in the tournament.

If you are interested in attending the tournament, please contact Scott Dennis, Durham College and UOIT's Sports Information and Marketing Officer at 905.721.2000 ext 2784, or email him at scottdennis@dc-uoit.ca. The Athletics Department would be pleased to offer interested retirees two complementary tournament tickets!

All in all, there are lots of ways for you to incorporate some physical activity in your life with the added bonus of staying connected to the college! Each facility can be found and researched online at www.campusrecreationcentre.ca

We hope to see you engaged in action at one or all of these facilities soon!

Dated: January 2011