



2018 Burlington BG's Class Descriptions



CLASS NAME	DESCRIPTION	COST
ADULT GYM	Participants can attend once or twice a week on Mondays and Wednesdays from 8-10pm. The class is supervised by a certified coach who is there to answer questions. No experience is needed. You can come and stretch or train on the following equipment: floor, bars, rings, trampoline etc. This is not a structured class and no spotting is provided	\$15 per class \$120 10-pass \$250 30-pass
ADULT YOGA TONING	An energetic but easy to follow yoga class that is suitable for everyone, it is the perfect blend of Yoga, Pilates, and Resistance training. Each class will promise a creative, dynamic and fun sequence intended to build long lean muscles without the fear of bulking up.	\$200
ADVANCED BOYS	This program is designed for boys wishing to continue at a more advanced level of gymnastics training in a non-competitive format. Athletes must be accepted into this program. NOTE: trampoline use is limited.	\$400
CHEER TUMBLING LEVEL 1-2, 3-5	Designed specifically for cheerleaders who are looking to perfect technique, advance their skills and build strength. Level 3-5 must have confident round off x3 back handsprings.	\$350
DANCER TUMBLING	Designed specifically for dancers who are looking to progress their tumbling skills that pertain to dancing.	\$350
KEENER TRAMPOLINE	This co-ed program is designed for children wishing to continue at a more advanced level of training in a non-competitive format. Athletes must be accepted into this program.	\$350
KEENER TUMBLING	This co-ed program is designed for children wishing to continue at a more advanced level of training in a non-competitive format. Athletes must be accepted into this program.	\$350
KID FIT	Kids just want to have fun and it is possible to show them how to enjoy exercise while improving their health and fitness. A fitness class will include the fundamentals of fitness as well as the following components; Agility, Balance, Coordination & Strength training drills, Introduction to the basic components of fitness – cardiovascular, endurance and strength, Motor skills development and enhancement, Sports skills and drills, Fitness games.	\$300
KID YOGA	Helps strength and flexibility with more physically challenging postures and flowing sequences. Promotes self-confidence, awareness, and core strength.	\$300
KINDERGYM (KINDERGYM DAYTIME)	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus include: rings, bars, pit, trampoline, and floor equipment.	\$300 (Daytime \$250)
PARENT AND TOT	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus include; bars, rings, pit, trampoline, floor equipment. Parent and Tot Drop in is also available at \$10 per class on Mondays, Wednesdays, and Fridays from 10:30-12:00pm	\$250
YOUTH GYMNASTICS	This co-ed recreation program allows children to develop skills and move towards more advanced movement and skills. Apparatus include: bars, pit, floor, rings, and trampoline.	\$350
YOUTH TRAMPOLINE	This co-ed recreation program allows children to learn and master the basics of trampoline.	\$300
YOUTH TUMBLING	This co-ed recreation program allows children to learn and master the basics of tumbling.	\$300
OPEN GYM	This drop in program is designed for anyone 16+ who are looking for a safe and enjoyable environment to train or fine-tune their skills.	SEE ADULT GYM
ZUMBA FITNESS	Latin Fitness/Dance workout for adults/seniors.	\$200
GYMNASTICS	Gymnastics for home school children. Apparatus include: bars, pit, floor, rings, trampoline and tumble track.	\$250
YIN YOGA	Based on yin principles, these classes will offer grounding, passive practice that includes pranayama (breath work) and a series of floor postures that are held for longer periods allowing a slower, safer opening of the connective tissues of the body. An excellent practice for relieving stress, releasing tight areas of the body, especially hips and shoulders, and is a great balancing practice for a highly active or “yang” lifestyle	\$200

\$35 Gymnastics Ontario Insurance Fee will be added to all Burlington BG's programs annually



2018 Burlington BG's Fall Schedule



CLASS NAME	REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		SEPT 10 – DEC 10	SEPT 11 – DEC 4	SEPT 12 – DEC 5	SEPT 13 – DEC 6	SEPT 14 – DEC 7	SEPT 15 – DEC 8	SEPT 16 – DEC 9
ADULT GYM	18+	8:00-10:00PM		8:00-10:00PM				
ADULT YOGA TONING	18+	9:30-10:30 AM						
ADVANCED BOYS	6-12YRS (Tryout Required)	6:00-8:00PM		5:30-7:30PM 6:00-8:00PM			11:45-1:45PM	11:30-1:30PM
CHEER TUMBLING LEVEL 1-2	5 +					5:30-7:00PM		
CHEER TUMBLING LEVEL 3-5	(5+) Round off x3 back handsprings					7:00-8:30PM		
DANCER TUMBLING	4+	5:00-6:30PM						
KEENER TRAMPOLINE	7+ (tryout required)		5:00-6:30PM 6:30-8:00PM	5:00-6:30PM 6:30-8:00PM	5:00-6:30PM 6:30-8:00PM	6:15-7:45PM	10:00-11:30AM 12:45-2:15PM	9:00-10:30AM
KEENER TUMBLING	7+ (tryout required)		6:30-8:00PM	4:30-6:00PM 7:15-8:45PM	7:15-8:45PM	6:15-7:45PM	9:00-10:30AM 11:45-1:15PM	9:00-10:30AM
KID FIT	5+	7:00-8:00PM			7:00-8:00PM			
KID YOGA	5+		5 – 6 PM		5 -6 PM			
KINDERGYM	2.5-5 yrs	5:00-6:00PM	4:30-5:30PM	4:30-5:30PM 6:30-7:30PM	4:30-5:30PM	6:00-7:00PM	9:30-10:30AM 10:15-11:15AM 11:15-12:15PM	9:15-10:15AM 10:30-11:30AM
DAYTIME KINDERGYM	2-4 yrs	9:30 – 10:30 AM		9:30 – 10:30 AM		9:30 – 10:30 AM		
PARENT & TOT	18mths – 3yrs	6:30-7:30PM	4:30-5:30PM			5:00-6:00PM	9:15-10:15AM 10:30-11:30AM	9:30-10:30AM 10:15-11:15AM
PARENT & TOT (DROP-IN)	18mths – 3yrs	10:30-12:00PM		10:30-12:00PM		10:30-12:00PM		
YOUTH GYMNASTICS	5-11yrs	5:30-7:00PM	5:00-6:30PM 6:30-8:00PM	5:00-6:30PM 6:30-8:00PM	5:00-6:30PM 6:30-8:00PM	7:00-8:30PM	2:00-3:30PM	11:15-12:45PM 11:30-1:00PM
YOUTH TRAMPOLINE	5-11yrs	6:00-7:00PM 7:00-8:00PM	5:15-6:15PM 6:15-7:15PM	5:15-6:15PM 6:15-7:15PM	5:15-6:15PM 6:15-7:15PM	5:15-6:15PM	9:00-10:00 AM 11:45-12:45 PM 1:45-2:45 PM 2:30-3:30 PM	10:30-11:30AM
YOUTH TUMBLING	5-11yrs		5:30-6:30PM 7:15-8:15PM	5:30-6:30PM 7:30-8:30PM	5:30-6:30PM	5:15-6:15PM	10:30-11:30 AM 12:45-1:45 PM 1:15-2:15 PM 2:30-3:30 PM	10:30-11:30AM
OPEN GYM	16+							6:00-8:00PM
ZUMBA FITNESS	Adults & Seniors			9:30 -10:30 AM				
GYMNASTICS	6+			2 PM – 3 PM				
YIN YOGA ADULT & SENIORS	18 +	10:30 – 11:30 AM						

