



Fitness Classes

Spring: May 6 - June 28, 2024

Monday

9:15-10:00 am ~ Strength & Stamina

Tuesday*

9:15-10:00 am ~ Sticks & Stones

Wednesday

9:15-10:00 am ~ Barre & Balance

Thursday*

9:15-10:00 am ~ Cardio & Conditioning

Friday

9:15-10:00 am ~ Agility & Action

(also available online*)



Location: Citrus Dance, 51 Townline, Orangeville.

*Online Class: link provided on registration.

Reserve ahead for all programs. Space is limited.

About the Instructor...



Elizabeth Glenday has been a certified fitness leader for 30+ years and teaches privately and on a contractual and freelance basis. She is certified through the Fitness Professionals Association of Ontario and Ontario Fitness Council (FPAO-OFC) as a Registered Health and Exercise Professional and Trainer of Fitness Leaders (RHEP-TFL). She has obtained professional certificates in Yoga (Yoga Exercise Specialist – YES), Pilates (Pilates Mat- Instructor – PMI) and Group Exercise (OFC) and specialized training in Tai Chi, Fitness for Children and Youth, Fitness for Older Adults, athletic training (Twist Conditioning), indoor cycling (Schwinn), stability ball (Resist-a-Ball, I & II), and step (Reebok, Reebok ‘Deck’). Liz has explored many modes of movement over the decades. Through her childhood and early teen years, she was a gymnast and coach. As an adult she has studied various forms of dance (Celtic, Tap, Ballet, Belly Dance, Line Dance) and martial arts (Tai Chi, Capoeira, Brazilian Jujitsu, Karate and Kung Fu). She earned her Shodan (first degree) Black Belt in Karate in 2017 and has instructed and competed in the discipline. Liz believes that all forms of movement are to be celebrated and enjoyed, and therefore, integrates aspects and principles of these diverse physical experiences into her classes to keep things fresh and interesting for her students. When she is not in class, she is often seen with a crochet hook in her hand, creating cool things for her online and mobile crafting business, BusyLizzy Boutique.