

7/13 – 7/18 Outdoor Fitness Class Schedule

*New classes in blue. We are adding 30-minute SilverSneakers classes beginning 7/13.

MONDAY

7:30 AM	HIIT Cycling	Laura	12	NE Corner Park Patio
8:00 AM	Yoga	Colleen	18	West Patio
8:00 AM	Shallow Water Aerobics	Maria	20	Corner Park Pool
8:30 AM	SilverSneakers Classic A	Kerrie	15	NE Corner Park Patio
9:00 AM	Cardio Pilates	Colleen	18	West Patio
9:15 AM	SilverSneakers Classic B	Kerrie	15	NE Corner Park Patio
5:30 PM	Cardio Dance (no class 7/13)	Brittani	18	West Patio
5:30 PM	HIIT Cycling	Nellie	12	NE Corner Park Patio

TUESDAY

8:00 AM	Shallow Water Aerobics	Alison	20	Corner Park Pool
8:30 AM	FIT	Kristi	18	West Patio
8:30 AM	Centre Cycling	Laura	12	NE Corner Park Patio
4:30 PM	Centre Cycling	Laura	12	NE Corner Park Patio
6:30 PM	Yoga	Stephanie	18	West Patio

WEDNESDAY

8:00 AM	Interval Training	Colleen	18	West Patio
8:00 AM	Aquacise	Patricia	20	Corner Park Pool
8:30 AM	SilverSneakers Circuit A	Kerrie	15	NE Corner Park Patio
9:00 AM	Pilates	Colleen	18	West Patio
9:15 AM	SilverSneakers Circuit B	Kerrie	15	NE Corner Park Patio
6:30 PM	Kickbox Xtra	Joanne	18	West Patio

THURSDAY

8:00 AM	Cardio Drumming	Phyllis	18	West Patio
8:00 AM	Shallow Water Aerobics	Alison	20	Corner Park Pool
8:30 AM	Centre Cycling	Laura	12	NE Corner Park Patio
9:00 AM	Tabata	Susan	18	West Patio
5:30 PM	Centre Cycling	Nellie	12	NE Corner Park Patio
5:30 PM	X-Fit	Evan	18	West Patio

FRIDAY

8:00 AM	Shallow Water Aerobics	Maria	20	Corner Park Pool
8:30 AM	Yoga	Susan	18	West Patio
8:30 AM	HIIT Cycling	Andrew	12	NE Corner Park Patio

SATURDAY

8:05 AM	Interval Training	Colleen	18	West Patio
8:30 AM	Centre Cycling	Rotating	12	NE Corner Park Patio
9:10 AM	Power Yoga	Colleen	18	West Patio

Class Policies

- All participants must check in at the front desk prior to class. (Even if you made a reservation online at www.thecentre.info or using the Centre app)
- No show policy: Reservations will be forfeited 5 minutes after start time of designated class.
- Bring your own water bottle. Drinking fountains are available for bottle refill only.
- All equipment utilized must be sanitized before and after use.
- Participants are encouraged to wear masks before and after class, but not while exercising.
- Participants must maintain appropriate social distancing measures. There will be designated spots marked for each participant.
- Kids Care, Towel service, and showers are NOT available for patrons until further notice. Please bring your own towel if desired. Locker Rooms are available for changing and storage.