

## 8/24 – 8/29 Outdoor Fitness Class Schedule

### **MONDAY**

Facility closed in honor of Ruth Merillat.

### **TUESDAY**

Facility closed in honor of Ruth Merillat.

### **WEDNESDAY**

|         |                          |          |    |                      |
|---------|--------------------------|----------|----|----------------------|
| 8:00 AM | Interval Training        | Colleen  | 18 | West Patio           |
| 8:30 AM | SilverSneakers Circuit A | Kerrie   | 15 | NE Corner Park Patio |
| 9:00 AM | Pilates                  | Colleen  | 18 | West Patio           |
| 9:00 AM | Aquacise                 | Patricia | 20 | Corner Park Pool     |
| 9:15 AM | Chair Yoga               | 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           |
| 8:30 AM | Centre Cycling         | Laura   | 12 | NE Corner Park Patio |
| 9:00 AM | Shallow Water Aerobics | Alison  | 20 | Corner Park Pool     |
| 9:00 AM | Tabata                 | Susan   | 18 | West Patio           |
| 5:30 PM | X-Fit                  | Evan    | 18 | West Patio           |

### **FRIDAY**

|          |                          |        |    |                      |
|----------|--------------------------|--------|----|----------------------|
| 8:00 AM  | Yoga                     | Susan  | 18 | West Patio           |
| 8:30 AM  | HIIT Cycling             | Andrew | 12 | NE Corner Park Patio |
| 9:00 AM  | Shallow Water Aerobics A | Maria  | 20 | Corner Park Pool     |
| 9:00 AM  | Muscle Max               | Susan  | 18 | West Patio           |
| 10:00 AM | Shallow Water Aerobics B | Maria  | 20 | Corner Park Pool     |

### **SATURDAY**

|         |                |          |    |                      |
|---------|----------------|----------|----|----------------------|
| 8:05 AM | Cardio Pilates | 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](http://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.