

## 9/14 Fitness Class Schedule

Please review carefully, as there have been numerous additions to the class schedule. Class descriptions are on the back.

\*New classes in blue.

<u>Day</u>	<u>Class</u>	<u>Location</u>	<u>Capacity</u>	<u>Instructor</u>
<u>MONDAY</u>				
5:30 AM	HIIT Cycling	Cycling Studio	9	Jocie/Daniel
8:00 AM	Deep Water Aerobics	Indoor Pool	9	Maria
8:00 AM	Yoga	Merillat Patio	15	Colleen
8:30 AM	HIIT Cycling	Corner Park Patio	12	Laura
8:45 AM	Shallow Water Aerobics 1	Indoor Pool	9	Maria
9:00 AM	Interval Training	Merillat Patio	15	Colleen
9:30 AM	Shallow Water Aerobics 2	Indoor Pool	9	Maria
9:30 AM	SilverSneakers Classic	Corner Park Patio	15	Cindy
10:15 AM	Aquacise	Indoor Pool	9	Jean/Pat
4:15 PM	Rush Hour	Merillat Patio	15	Kerrie
5:30 PM	Zumba	Merillat Patio	15	Julie
5:30 PM	HIIT Cycling	Corner Park Patio	12	Laura
<u>TUESDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	9	Alison
8:00 AM	Cardio Dance	Merillat Patio	15	Brittani
8:30 AM	Centre Cycling	Corner Park Patio	12	Laura
8:45 AM	Shallow Water Aerobics 1	Indoor Pool	9	Alison
9:00 AM	FIT	Merillat Patio	15	Kristi
9:30 AM	Shallow Water Aerobics 2	Indoor Pool	9	Alison
9:30 AM	Chair Yoga	Corner Park Patio	15	Kerrie
3:45 PM	Youth Fitness	East Lawn	23	Evan + Kerrie
4:30 PM	Centre Cycling	Corner Park Patio	12	Laura
5:30 PM	X-Fit	Merillat Patio	15	Evan
6:30 PM	Yoga	Merillat Patio	15	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	9	Ben
<u>WEDNESDAY</u>				
5:30 AM	Centre Cycling	Cycling Studio	9	Daniel/Jocie
8:00 AM	Deep Water Aerobics 1	Indoor Pool	9	Evan
8:00 AM	Interval Training	Merillat Patio	15	Colleen
8:45 AM	Deep Water Aerobics 2	Indoor Pool	9	Evan
9:00 AM	Pilates	Merillat Patio	15	Colleen
9:30 AM	Shallow Water Aerobics	Indoor Pool	9	Maria
9:30 AM	SilverSneakers Circuit	Corner Park Patio	15	Kerrie
10:15 AM	Aquacise	Indoor Pool	9	Jean/Pat
4:15 PM	Rush Hour	Merillat Patio	15	Kerrie
5:30 PM	Kickbox Xtra	Merillat Patio	15	Joanne
<u>THURSDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	9	Alison
8:00 AM	Cardio Drumming	Merillat Patio	15	Phyllis
8:30 AM	Centre Cycling	Corner Park Patio	12	Laura
8:45 AM	Shallow Water Aerobics 1	Indoor Pool	9	Alison
9:00 AM	Tabata	Merillat Patio	15	Susan
9:30 AM	Shallow Water Aerobics 2	Indoor Pool	9	Alison
9:30 AM	SilverSneakers Classic	Corner Park Patio	15	Kerrie
3:45 PM	Youth Fitness	East Lawn	23	Evan + Kerrie
4:30 PM	Centre Cycling	Corner Park Patio	12	Laura
5:30 PM	X-Fit	Merillat Patio	15	Evan
6:30 PM	Yoga	Merillat Patio	15	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	9	Ben
<u>FRIDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	9	Maria
8:00 AM	Yoga	Merillat Patio	15	Susan
8:30 AM	HIIT Cycling	Corner Park Patio	12	Andrew
8:45 AM	Shallow Water Aerobics 1	Indoor Pool	9	Maria
9:00 AM	Muscle Max	Merillat Patio	15	Susan
9:30 AM	Shallow Water Aerobics 2	Indoor Pool	9	Maria
9:30 AM	SilverSneakers Circuit	Corner Park Patio	15	Kerrie
10:15 AM	Aquacise	Indoor Pool	9	Jean/Pat
<u>SATURDAY</u>				
8:05 AM	Cardio Pilates	Merillat Patio	15	Colleen
8:30 AM	Centre Cycling	Corner Park Patio	12	Rotating
9:10 AM	Power Yoga	Merillat Patio	15	Colleen

## Class Descriptions

### AQUATIC

**Deep Water Aerobics** High-intensity aerobic and strength exercises performed in the deep water. Flotation belts can be worn.

**Shallow Water Aerobics** Shallow water class focusing on strength and aerobic exercise. Appropriate for all fitness levels.

**Aquacise** Low intensity class conducted in the shallow water. This class focuses on strength and flexibility using gentle movements.

**Sink or Swim** A creative high intensity workout using the entire pool. Different format each class.

### SILVERSNEAKERS

**SilverSneakers Classic** Seated class featuring exercises designed to increase strength, range of motion, and improve your ability to perform activities of daily life.

**SilverSneakers Circuit** A standing circuit workout combining fun and fitness to increase your cardiovascular and muscular endurance.

**Chair Yoga** Senior yoga featuring a series of seated and standing yoga poses.

### CYCLING

**Centre Cycling** Build cardiovascular fitness and muscular strength building through cycling.

**HIIT Cycling** 45-minute class utilizing high intensity interval training (alternated bouts of hard/easy exercise).

### GROUP FITNESS

**Cardio Dance** Dance your way to a great workout with easy-to-follow routines in an upbeat environment.

**Cardio Drumming** A fun, challenging workout utilizing drumsticks, exercise balls, and more.

**Cardio Pilates** Full body workout featuring short cardio drills and pilates to improve strength, flexibility, and cardiovascular fitness.

**F.I.T.** Intervals of strengthening and sculpting exercises to improve posture, balance, strength, and mobility.

**Kickbox Xtra** A unique combination of kickboxing and strength training intervals.

**Muscle Max** Utilize barbells and your own body weight to build muscle and strength.

**Pilates** This mat workout focuses on controlled, graceful movements to gain core strength, control, and balance.

**Power Yoga** Total body conditioning using a combination of pilates, yoga and strength exercises.

**Rush Hour** This 30-45 minute class led combines strength, stretching, and cardio to deliver an efficient whole body workout.

**Tabata** 30 minutes of high intensity interval training (HIIT) followed by 20 minutes of core strengthening and stretching.

**X-Fit** High-intensity strength and conditioning utilizing a variety of functional movements and equipment.

**Yoga** Improve flexibility, strength, and mobility through challenging bodyweight poses.

**Youth Fitness** A fun, effective, and educational after school fitness class for ages 6 and up.

**Zumba** High energy, Latin-inspired dance class that delivers a fun, effective cardiovascular workout.

## 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.
- Per Executive Order, masks are required for all indoor activities, excluding swimming.
- Participants must maintain appropriate social distancing measures.
- 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.