

10/05 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 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.