

11/9 Fitness Class Schedule

- Sign up online at www.thecentre.info, over the phone (517-263-6232), or by using the Centre App.
- See reverse for class descriptions and policies.

<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	15	Maria
8:00 AM	Yoga	West Patio	15	Colleen
8:30 AM	HIIT Cycling	Corner Park Patio	12	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	15	Maria
9:00 AM	Interval Training	West Patio	15	Colleen
9:30 AM	SilverSneakers Classic	Corner Park Patio	15	Cindy
10:00 AM	Aquacise	Indoor Pool	15	Jean/Pat
4:15 PM	Rush Hour	West Patio	15	Kerrie
5:30 PM	Zumba	West Patio	15	Julie
5:30 PM	HIIT Cycling	Corner Park Patio	12	Laura
<u>TUESDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	15	Alison
8:00 AM	Cardio Dance	West Patio	15	Brittani
8:30 AM	Centre Cycling	Corner Park Patio	12	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	15	Alison
9:00 AM	FIT	West Patio	15	Kristi
9:30 AM	Chair Yoga	Corner Park Patio	15	Kerrie
4:30 PM	Centre Cycling	Corner Park Patio	12	Laura
5:30 PM	X-Fit	West Patio	15	Evan
6:30 PM	Yoga	West Patio	15	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	15	Ben
<u>WEDNESDAY</u>				
5:30 AM	Centre Cycling	Cycling Studio	9	Daniel/Jocie
8:00 AM	Deep Water Aerobics	Indoor Pool	15	Evan
8:00 AM	Interval Training	West Patio	15	Colleen
9:00 AM	Pilates	West Patio	15	Colleen
9:00 AM	Shallow Water Aerobics	Indoor Pool	15	Maria
9:30 AM	SilverSneakers Circuit	Corner Park Patio	15	Kerrie
10:00 AM	Aquacise	Indoor Pool	15	Jean/Pat
4:15 PM	Rush Hour	West Patio	15	Kerrie
5:30 PM	Kickbox Xtra	West Patio	15	Joanne
<u>THURSDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	15	Alison
8:00 AM	Cardio Drumming	Corner Park	15	Phyllis
8:30 AM	Centre Cycling	Corner Park Patio	12	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	15	Alison
9:00 AM	Tabata	West Patio	15	Susan
9:30 AM	SilverSneakers Classic	Corner Park Patio	15	Kerrie
4:30 PM	Centre Cycling	Corner Park Patio	12	Laura
5:30 PM	X-Fit	West Patio	15	Evan
6:30 PM	Yoga	West Patio	15	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	15	Ben
<u>FRIDAY</u>				
8:00 AM	Deep Water Aerobics	Indoor Pool	15	Maria
8:00 AM	Yoga	West Patio	15	Susan
8:30 AM	HIIT Cycling	Corner Park Patio	12	Andrew
9:00 AM	Shallow Water Aerobics	Indoor Pool	15	Maria
9:00 AM	Muscle Max	West Patio	15	Susan
9:30 AM	SilverSneakers Circuit	Corner Park Patio	15	Kerrie
10:00 AM	Aquacise	Indoor Pool	15	Jean/Pat
<u>SATURDAY</u>				
8:05 AM	Cardio Pilates	West Patio	15	Colleen
8:30 AM	Centre Cycling	Corner Park Patio	12	Rotating
9:10 AM	Power Yoga	West 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.
- Showers and Towel services are available.
- Kids Care is not available for patrons until further notice.