

## 11/16 Fitness Class Schedule

- Sign up online at [www.thecentre.info](http://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                               | Corner Park Patio    | 12              | Jocie/Daniel      |
| 8:00 AM          | Deep Water Aerobics                        | Indoor Pool          | 15              | Maria             |
| 8:00 AM          | Yoga                                       | Group Fitness        | 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                          | Group Fitness        | 15              | Colleen           |
| 9:30 AM          | SilverSneakers Classic                     | Gymnasium            | 15              | Cindy             |
| 10:00 AM         | Aquacise                                   | Indoor Pool          | 15              | Jean/Pat          |
| 4:15 PM          | Rush Hour                                  | Group Fitness        | 15              | Kerrie            |
| 5:30 PM          | Zumba                                      | Group Fitness        | 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                               | Group Fitness        | 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  | Group Fitness        | 15              | Kristi            |
| 9:30 AM          | Chair Yoga                                 | Gymnasium            | 15              | Kerrie            |
| 4:30 PM          | Centre Cycling                             | Corner Park Patio    | 12              | Laura             |
| 5:30 PM          | X-Fit                                      | Group Fitness        | 15              | Evan              |
| 6:30 PM          | Yoga                                       | Group Fitness        | 15              | Stephanie         |
| 7:00 PM          | Sink or Swim                               | Indoor Pool          | 15              | Ben               |
| <u>WEDNESDAY</u> |  |                      |                 |                   |
| 5:30 AM          | Centre Cycling                             | Corner Park Patio    | 12              | Daniel/Jocie      |
| 8:00 AM          | Deep Water Aerobics                        | Indoor Pool          | 15              | Evan              |
| 8:00 AM          | Interval Training                          | Group Fitness        | 15              | Colleen           |
| 9:00 AM          | Pilates                                    | Group Fitness        | 15              | Colleen           |
| 9:00 AM          | Shallow Water Aerobics                     | Indoor Pool          | 15              | Maria             |
| 9:30 AM          | SilverSneakers Circuit                     | Gymnasium            | 15              | Kerrie            |
| 10:00 AM         | Aquacise                                   | Indoor Pool          | 15              | Jean/Pat          |
| 4:15 PM          | Rush Hour                                  | Group Fitness        | 15              | Kerrie            |
| 5:30 PM          | Kickbox Xtra                               | Group Fitness        | 15              | Joanne            |
| <u>THURSDAY</u>  |  |                      |                 |                   |
| 8:00 AM          | Deep Water Aerobics                        | Indoor Pool          | 15              | Alison            |
| 8:00 AM          | Cardio Drumming                            | Group Fitness        | 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                                     | Group Fitness        | 15              | Susan             |
| 9:30 AM          | SilverSneakers Classic                     | Gymnasium            | 15              | Kerrie            |
| 4:30 PM          | Centre Cycling                             | Corner Park Patio    | 12              | Laura             |
| 5:30 PM          | X-Fit                                      | Group Fitness        | 15              | Evan              |
| 6:30 PM          | Yoga                                       | Group Fitness        | 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                                       | Group Fitness        | 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                                 | Group Fitness        | 15              | Susan             |
| 9:30 AM          | SilverSneakers Circuit                     | Gymnasium            | 15              | Kerrie            |
| 10:00 AM         | Aquacise                                   | Indoor Pool          | 15              | Jean/Pat          |
| <u>SATURDAY</u>  |  |                      |                 |                   |
| <b>8:05 AM**</b> | <b>Interval Training / Cardio Drumming</b> | <b>Group Fitness</b> | <b>15</b>       | <b>Rotating</b>   |
| 8:30 AM          | Centre Cycling                             | Corner Park Patio    | 12              | Rotating          |
| <b>9:05 AM**</b> | <b>Stretch / Cardio Dance</b>              | <b>Group Fitness</b> | <b>15</b>       | <b>Rotating</b>   |

\*\*Interval Training and Stretch on 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Saturdays. Cardio Drumming and Cardio Dance on 2<sup>nd</sup> and 4<sup>th</sup> Saturdays.

## 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.

**Stretch** Improve your flexibility, mobility, and range of motion using a variety of stretching techniques.

**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.
- Showers and Towel services are available.
- Kids Care is not available for patrons until further notice.