

Fitness Class Schedule (effective January 18)

- 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.
- Classes are approximately 50 minutes, unless noted otherwise.

<u>Day</u>	<u>Class</u>	<u>Location*</u>	<u>Instructor</u>
<u>MONDAY</u>			
8:00 AM	Deep Water Aerobics	Indoor Pool	Maria
8:00 AM	Yoga	Group Fitness	Colleen
8:30 AM	HIIT Cycling (45 min)	Gymnasium / Zoom	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	Maria
9:00 AM	Interval Training (HIIT)	Group Fitness	Colleen
10:00 AM	SilverSneakers Classic	Gymnasium	Cindy
10:00 AM	Aquacise	Indoor Pool	Jean/Pat
4:15 PM	Rush Hour	Group Fitness	Kerrie
5:30 PM	Core Stretch	Group Fitness	Kerrie
6:30 PM	Zumba	Group Fitness	Julie
<u>TUESDAY</u>			
8:00 AM	Deep Water Aerobics	Indoor Pool	Alison
8:00 AM	Boot Camp	Gymnasium	Kerrie
8:30 AM	Centre Cycling (60 min)	Gymnasium / Zoom	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	Alison
9:00 AM	FIT	Group Fitness	Kristi
10:00 AM	Chair Yoga	Group Fitness	Brenda
5:30 PM	X-Fit	Group Fitness	Evan
6:30 PM	Yoga	Group Fitness	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	Ben
<u>WEDNESDAY</u>			
8:00 AM	Deep Water Aerobics	Indoor Pool	Evan
8:00 AM	Interval Training (HIIT)	Group Fitness	Colleen
9:00 AM	Shallow Water Aerobics	Indoor Pool	Evan
9:00 AM	Pilates	Group Fitness	Colleen
10:00 AM	SilverSneakers Circuit	Gymnasium	Kerrie
10:00 AM	Aquacise	Indoor Pool	Jean/Pat
4:15 PM	Rush Hour	Group Fitness	Kerrie
5:30 PM	Cardio Dance	Group Fitness	Brittani
6:30 PM	Cardio Drumming	Group Fitness	Phyllis
<u>THURSDAY</u>			
8:00 AM	Deep Water Aerobics	Indoor Pool	Alison
8:00 AM	Boot Camp	Gymnasium	Kevin
8:30 AM	Centre Cycling (60 min)	Gymnasium / Zoom	Laura
9:00 AM	Shallow Water Aerobics	Indoor Pool	Alison
9:00 AM	Tabata	Group Fitness	Susan
10:00 AM	SilverSneakers Classic	Gymnasium	Kerrie
5:30 PM	X-Fit	Group Fitness	Evan
6:30 PM	Yoga	Group Fitness	Stephanie
7:00 PM	Sink or Swim	Indoor Pool	Ben
<u>FRIDAY</u>			
8:00 AM	Deep Water Aerobics	Indoor Pool	Maria
8:00 AM	Yoga	Group Fitness	Susan
9:00 AM	Shallow Water Aerobics	Indoor Pool	Maria
9:00 AM	Barbell Strength	Group Fitness	Susan
10:00 AM	SilverSneakers Circuit	Gymnasium	Kerrie
10:00 AM	Aquacise	Indoor Pool	Jean/Pat
<u>SATURDAY</u>			
8:15 AM**	Interval Training / Cardio Drumming	Group Fitness	Rotating
9:15 AM**	Core Stretch / Cardio Dance	Group Fitness	Rotating

**Interval Training and Core Stretch on 1st, 3rd, and 5th Saturdays. Cardio Drumming and Cardio Dance on 2nd and 4th Saturdays.

Don't forget to try our virtual classes on YouTube!

Search "Christian Family Centre" or visit <https://www.youtube.com/user/ChristianFamilyCentr>
(That is not a typo. There is no "E" at the end of the hyperlink)

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 through cycling.

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

GROUP FITNESS

Barbell Strength Utilize weight bars (mini barbells) and your own body weight to build muscle and strength.

Boot Camp Circuit-based workout utilizing a variety of equipment, including TRX, tires, ropes, sleds, hula hoops, and more.

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.

Core Stretch Improve your core strength and mobility with 15-30 minutes of core work followed by 15-30 minutes of stretching.

FIT Intervals of strengthening and stretching exercises to improve posture, balance, strength, and mobility.

Interval Training (HIIT) Total body workout consisting of cardio, strength, and stretching intervals. Format changes every class.

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

Rush Hour This 30-45 minute class combines strength, stretching, and cardio exercises 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.

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.
- Reservations can be made up to seven days prior to class start time.
- Bring your own water bottle. Drinking fountains are available for bottle refill only.
- All equipment utilized must be sanitized before and after use.
- Per MDHHS Orders, masks are required for all indoor activities, excluding swimming.
- Participants must maintain appropriate social distancing measures (at least six feet of separation).
- Showers and towel services are available.
- Kids Care is not available currently.