




GROUP FITNESS CLASS SCHEDULE: SPRING 2018

Classes run April 9 through June 29



DROP-IN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BODY BLAST with Jen 9:30am-10:15am 	TABATA with Karen 6:30am-7:00am	BODY BLAST with Jen 9:30am-10:15am 	TABATA with Karen 6:30am-7:00am	FIT FRIDAY with Jen 9:30am-10:15am 
	ZUMBA® with Karen 11:00am-11:45am	SPIN with Jen 9:30am-10:15am	ZUMBA® with Karen 11:00am-11:45am	SPIN with Jen 9:30am-10:15am	NEW CLASS BENDER BALL with Jen 10:30am-11:15am
	PiYo LIVE with Marcelle 12:05pm-12:50pm	STRENGTH IN NUMBERS with Karen 11:00am-12:00pm	PiYo LIVE with Marcelle 12:05pm-12:50pm	STRENGTH IN NUMBERS with Karen 11:00am-12:00pm	PiYo LIVE with Marcelle 12:05pm-12:50pm
Each Drop-In Class: 1 Swipe of the Fitness Class Pass or Drop-In for \$6.00. Classes are filled on a first-come/first served basis.					



Supervised Child Care is available while you work out or take a fitness class.

Monday - Friday: 9:00am - 1:00pm
Monday - Thursday: 4:00pm - 8:00pm

\$5.00 per hour per child
10 Hour Punch Pass: \$45.00

PRE-REGISTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; margin-bottom: 10px;"> SESSION A: April 9 - May 3 </div> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; margin-bottom: 10px;"> SESSION B: May 7 - May 31 </div> <div style="border: 1px solid black; border-radius: 50%; padding: 10px;"> SESSION C: June 4 - June 28 </div>
	BOOTCAMP with Jen 6:00pm-7:00pm 	STRICTLY STRENGTH with Jen 10:45am-11:45am SESSION A: \$64 SESSION B: \$64 SESSION C: \$64	BOOTCAMP with Jen 6:00pm-7:00pm 	STRICTLY STRENGTH with Jen 10:45am-11:45am SESSION A: \$64 SESSION B: \$64 SESSION C: \$64	
	SPIN + with Jen 7:00pm-8:00pm SESSION A: \$64 SESSION B: \$56 SESSION C: \$64	BODY PROJECT * with Rhonda 6:45pm-7:45pm SESSION A: \$80 SESSION B: \$80 SESSION C: \$80	SPIN + with Jen 7:00pm-8:00pm SESSION A: \$64 SESSION B: \$56 SESSION C: \$64	BODY PROJECT * with Rhonda 6:45pm-7:45pm SESSION A: \$80 SESSION B: \$80 SESSION C: \$80	
	P90X LIVE with Chantel 8:15pm-9:15pm SESSION A: \$64 SESSION B: \$56	*Drop-In is not available for this class	P90X LIVE with Chantel 8:15pm-9:15pm SESSION A: \$64 SESSION B: \$56	*Drop-In is not available for this class	
Price includes all classes in the session. A minimum of 3 registered participants is required for the class to run. Please contact the Welcome Desk to register.					

THE WHATS AND WHYS OF THIS SESSION'S CLASSES

BENDER BALL® Have you met these lean, green, core-working machines? Bender Balls look innocent, but they are an effective tool for targeting all your core muscles, increasing your range of motion, and adding stability to the lower back. Get active and strong with this great core class!

BODY BLAST This full body workout includes a mix of cardio and resistance training with a focus on muscular endurance. Very adaptable exercises make this class appropriate for diverse fitness levels, including moms with strollers or expectant mothers.

BOOTCAMP Prepare to get a fun, full body workout with a mixture of cardio and resistance training. This is an evening twist on our daytime class with an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all levels.

BODY PROJECT Small-group training including a fitness assessment and nutrition coaching designed for anyone wanting to lose weight. The class will keep you motivated and committed - with weekly weigh-ins, nutrition guidance and full-body workouts. We'll help you reach your goals!

FIT FRIDAY Do something different each class with the goal of keeping fitness fun, fresh and exciting. This class will combine fat torching cardio and toning strength exercises for a full body workout that will leave you looking even more forward to Fri-YAY each week!

P90X LIVE A total-body cardio and strength training class that uses your own body weight as resistance as well as the addition of weights when necessary. Each workout can be modified to accommodate a wide range of fitness levels and abilities while still achieving the body transformations P90X LIVE is known for!

PiYo LIVE! Choreographed Pilates + Yoga movements put together into sequences make this low-impact class unique and fun! The result is lengthening and strengthening all muscle groups in the body. No equipment is used and bare feet are preferred.

SPIN The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity all while remaining part of the team spirit. The awesome music in this class will keep you energized and pumped!

SPIN + Come in for a ride . . . with a little extra! Saddle up for hills, drills, and sprints during the first part of class, then round off your workout with some off-bike exercises. We'll challenge your entire body with a blend of off-bike resistance training PLUS on-bike cardio training.

STRENGTH IN NUMBERS Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength and endurance, plus Strength in Numbers is perfect for increasing range of motion in joints.

STRICTLY STRENGTH Prepare to get some sweat flowing as you learn to use Kettlebells, Rowing Machines, Medicine Balls, and much more in this fast paced class. Perfect your lifting techniques, increase your strength, and condition your cardiovascular system! Suitable for all fitness levels.

TABATA A short, sweet, get it done for the day workout that pushes you to your fitness limits. This is a quick, full-body, demanding and effective class for anyone with limited time who wants to build their cardiovascular endurance.

ZUMBA® Are you a looking for a fun total body workout? This class offers cardio, muscle conditioning and flexibility, boosted energy and a serious dose of awesome each time you leave the class! So, come see why Zumba fitness classes are often called fitness in disguise!



= Kid Friendly/ ages under 10



= Babies/Strollers are welcome



Purchase 8 classes and get 2 FREE!
10 Class Pass
\$48.00



FITNESS & RECREATION

Centennial Centre

WELLNESS CENTRE HOURS

Monday to Friday: 6:00am - 10:00pm

Saturday: 8:00am - 10:00pm

Sunday: 8:00am - 8:00pm

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Centennial Centre
Group FITNESS CLASSES



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