

# Bonnyville Centennial Centre GROUP FITNESS CLASS SCHEDULE: FALL 2018 - classes run September 10 through December 21

DROP-IN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30 MINUTE CARDIO CRUNCH 8:45am-9:15am / Jen	EARLY MORNING MUSCLE 6:30am-7:00am / Karen	30 MINUTE CARDIO CRUNCH 8:45am-9:15am / Jen	EARLY MORNING MUSCLE 6:30am-7:00am / Karen	
	BODY BLAST  9:30am-10:15am / Jen	SPIN 9:30am-10:15am / Jen	BODY BLAST  9:30am-10:15am / Jen	SPIN 9:30am-10:15am / Jen	BARS & BELLS  9:30am-10:15am / Jen
	ZUMBA® 11:00am-11:45am / Karen	STRENGTH IN NUMBERS 11:00am-12:00pm / Karen	ZUMBA® 11:00am-11:45am / Karen	STRENGTH IN NUMBERS 11:00am-12:00pm / Karen	
	PiYo LIVE * 12:10pm-12:50pm / Marcelle	* PiYo Live WILL NOT run September 27-October 19	PiYo LIVE * 12:10pm-12:50pm / Marcelle	* PiYo Live WILL NOT run September 27-October 19	PiYo LIVE * 12:10pm-12:50pm / Marcelle

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.

PRE-REGISTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FUNCTIONAL FITNESS 10:45am-11:45am / Natalie SESSION C: \$80	STRICTLY STRENGTH 8:30am-9:30am / Jen SESSION B: \$80 C: \$80	FUNCTIONAL FITNESS 10:45am-11:45am / Natalie SESSION C: \$80	STRICTLY STRENGTH 8:30am-9:30am / Jen SESSION B: \$80 C: \$80	<b>SESSION A:</b> September 10 - October 12  <b>SESSION B:</b> October 15 - November 15  <b>SESSION C:</b> November 19 - December 21
	BOOTCAMP  6:00pm-7:00pm / Jen SESSION A: \$72 B: \$80 C: \$80	SERENITY STRETCHING 5:00pm-6:00pm / Jesse SESSION C: \$80	BOOTCAMP  6:00pm-7:00pm / Jen SESSION A: \$72 B: \$80 C: \$80	SERENITY STRETCHING 5:00pm-6:00pm / Jesse SESSION C: \$80	
	SPIN + 7:00pm-8:00pm / Jen SESSION A: \$72 B: \$80 C: \$80	SERIOUS SWEAT  6:00pm-7:00pm / Natalie SESSION C: \$80	SPIN + 7:00pm-8:00pm / Jen SESSION A: \$72 B: \$80 C: \$80	SERIOUS SWEAT  6:00pm-7:00pm / Natalie SESSION C: \$80	
		DUMBBELL FIT 6:00pm-7:00pm / Jesse SESSION B: \$80 C: \$80		DUMBBELL FIT 6:00pm-7:00pm / Jesse SESSION B: \$80 C: \$80	
		MISSION SLIMPOSSIBLE 7:00pm-8:00pm / Jesse SESSION A: \$80 C: \$80		MISSION SLIMPOSSIBLE 7:00pm-8:00pm / Jesse SESSION A: \$80 C: \$80	
<p>Don't delay! Register today! <u>A minimum of 3 registered participants is required for the class to run.</u>                      Price includes all classes in the session. Contact the Welcome Desk to register. Drop-In is available for \$10.00 if space allows.                      Class size limited to 6 in SERIOUS SWEAT, FUNCTIONAL FITNESS, SPORT FIT</p>					

*All 3 Month and 1 Year C2 Membership holders receive a 15% discount on Pre-Register Fitness Classes!*

## THE WHATS AND WHYS OF THIS SESSION'S CLASSES

**30 MINUTE CARDIO CRUNCH** 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.

**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.

**DUMBBELL FIT** This is a full-body, 60 minute dumbbell class that will sculpt, tone and strengthen your entire body! Challenge all of your major muscle groups while you squat, press, lift, and curl in this circuit-style resistance training class.

**FUNCTIONAL FITNESS** This class is geared toward making everyday life easier by strengthening the muscle groups necessary to improve daily function! Suitable for all fitness levels, this class will focus on movement patterns that will not only make the day to day easier, but is also designed to improve your quality of life.

**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.

**SERIOUS SWEAT** Small-group training including a wide variety of fitness modalities' designed to rev your heart rate and get you sweating! Each day will be a different workout, all with the focus of keeping things fresh and exciting and increasing weight loss.

**SPIN+** Come in for a ride with a little extra! Expect 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.

**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!

**BARS & BELLS** This strength-based class focusses on the use of two classic pieces of equipment- barbells and kettlebells! Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Fri-YAY each week!

**BOOTCAMP** Prepare to get a fun, full body workout with a mix of cardio and resistance training. This class has an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all levels.

**EARLY MORNING MUSCLE** Are you looking for a quick, fun, strength focused workout you can squeeze in before work? Join our instructor in the gym to learn how to use the equipment properly and effectively for an all around great start to your day!

**MISSION SLIMPOSSIBLE** A full body circuit training class with an emphasis on weight loss. You will perfect your form and burn calories in this fun, energizing class! We'll include resistance & cardio training and will work on improving your flexibility for an all-around full body workout suitable for all fitness levels.

**SERENITY STRETCHING** Here's a full-body stretching class that encourages a calm wellbeing and a balanced body. This class will round out your current workout routine with flexibility training for enhanced performance and reduced risk of injury. Suitable for all fitness levels including beginners and older adults.

**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!

**SPORT FIT** Back to the basics, this class is centered around a variety of sports drills and exercises to give you a full body strength and conditioning workout that will optimize your performance. This fun, dynamic class will improve your sports ability and help fine tune your skills both on and off the court, rink, and field.

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



= Kid Friendly/ ages under 10



= Babies/Strollers are welcome



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



**SUPERVISED CHILD CARE**  
a fun and safe play-zone for your little one.  
Monday - Friday, 9:00am - 1:00pm  
Monday - Thursday, 4:00pm - 8:00pm

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September 10 - December 21

FITNESS & RECREATION  
Centennial Centre  
**Group FITNESS CLASSES**



FITNESS & RECREATION



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