

## FITNESS CLASS SCHEDULE

### DROP-IN FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TONE &amp; TORCH</b> 8:45am-9:15am / Jen	<b>EARLY MORNING MUSCLE</b> 6:30am-7:00am / Karen	<b>TONE &amp; TORCH</b> 8:45am-9:15am / Jen	<b>EARLY MORNING MUSCLE</b> 6:30am-7:00am / Karen	<b>SUN-RIDE SPIN</b> 8:45am-9:15am / Jen
<b>BODY BLAST</b> 9:30am-10:15am / Jen	<b>SPIN</b> 9:30am-10:15am / Jen	<b>BODY BLAST</b> 9:30am-10:15am / Jen	<b>SPIN</b> 9:30am-10:15am / Jen	<b>BARS &amp; BELLS</b> 9:30am-10:15am / Jen
<b>ZUMBA</b> 11:00am-11:45am / Karen	<b>STRENGTH IN NUMBERS</b> 11:00am-12:00pm / Karen	<b>ZUMBA</b> 11:00am-11:45am / Karen	<b>STRENGTH IN NUMBERS</b> 11:00am-12:00pm / Karen	
	<b>SIT TO BE FIT</b> 12:15pm-1:00pm / Mark		<b>SIT TO BE FIT</b> 12:15pm-1:00pm / Mark	

### PRE-REGISTER FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>BOOTCAMP</b> 6:00pm-7:00pm / Jen \$56.00	<b>STRICTLY STRENGTH</b> 8:30am-9:30am / Jen \$64.00	<b>BOOTCAMP</b> 6:00pm-7:00pm / Jen \$56.00	<b>STRICTLY STRENGTH</b> 8:30am-9:30am / Jen \$64.00	<b>CARDIO KICKBOXING</b> 10:00am-11:00am / Kate \$32.00
<b>SPIN +</b> 7:00pm-8:00pm / Jen \$56.00	<b>SERIOUS SWEAT</b> 9:15am-10:15am / Natalie \$64.00	<b>SPIN +</b> 7:00pm-8:00pm / Jen \$56.00	<b>SERIOUS SWEAT</b> 9:15am-10:15am / Natalie \$64.00	<b>All 3 Month and 1 Year C2 Member holders receive a 15% discount on Pre-Register Classes!</b>
	<b>DUMBBELL FIT</b> 6:00pm-7:00pm / Jesse \$64.00		<b>DUMBBELL FIT</b> 6:00pm-7:00pm / Jesse \$64.00	

~ a minimum of 3 participants is required for each class

*Class descriptions are available at [centennialcentre.ca](http://centennialcentre.ca)*



**Drop-In Class Rates:**  
1 Swipe of the Fitness Class Pass  
or Drop-In for \$6.00

**Pre-Register Class Rates:**  
Price per session as indicated, and  
Drop-In for \$10.00 if space allows