



# MAY 2019

Classes run May 4—May 30  
\*No Classes on May 20

## FITNESS CLASS SCHEDULE

DROP-IN FITNESS CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STONE &amp; TORCH</b> 8:45am-9:15am / Jen	<b>EARLY MORNING MUSCLE</b> 6:30am-7:00am / Karen	<b>STONE &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> Karen 11:00am-11:45am /	<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>PIYO</b> 12:10pm-12:50pm / Marcelle	<b>SIT TO BE FIT</b> 12:15pm-1:00pm / Mark	<b>PIYO</b> 12:10pm-12:50pm / Marcelle	<b>SIT TO BE FIT</b> 12:15pm-1:00pm / Mark	
PRE-REGISTER FITNESS CLASSES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>All current 3 Month and 1 Year C2 Members receive a 15% discount on Pre-Register Classes!</b>
<b>SPIN +</b> 7:00pm-8:00pm / Jen \$56.00	<b>BELLY DANCING 101</b> 7:00pm-8:00pm / Amy \$40.00 Tuesdays only	<b>SPIN +</b> 7:00pm-8:00pm / Jen \$56.00	<b>BELLY DANCING 101</b> 7:00pm-8:00pm / Amy \$40.00 Thursdays only	
			<b>BELLY DANCING 102</b> 8:00pm-9:00pm / Amy \$40.00 Thursdays only	

~ 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  
\*No drop-in available for Belly Dancing

## DROP-IN CLASSES

**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!

**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.

**SUN-RIDE SPIN** Wake up your Friday with an easy Spin class that gets you primed and ready for the weekend! Participants of all abilities welcome to join in on the sunrise ride!

**TONE & TORCH** A short, sweet, get-it-done-for-the-day work out 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.

**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!  
\*Baby/Toddler Friendly

**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!

**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!

**SIT TO BE FIT** A full body workout that focuses on functional movements, all while staying seated! This entry-level class will engage your core, lower body, and upper body in creative ways that improve physical fitness and reduce strain!

**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.

## PRE-REGISTER CLASSES

**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. \*Baby/Toddler Friendly

**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.

**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.

**BELLY DANCING 101** Come and get your shimmy on in this fun and uplifting class session! Experience benefits beyond just physical ones, such as a boost in self-confidence, reconnecting your mind with your body and practicing self-love and self-care. No previous dance experience necessary...all ages, shapes and sizes are welcome and encouraged!

**BELLY DANCING 102** Ready to level up your Belly Dancing skills? Join us for Belly Dancing 102, where we will learn additional Belly Dance movements while receiving a gentle, full-body workout. Enjoy increased confidence, balance, strength and fluidity of movement while growing as a dancer. Focus will be on technique while we begin to put the moves together into short, fun movement combinations.



BONNYVILLE AND DISTRICT CENTENNIAL CENTRE  
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FITNESS & RECREATION  
Centennial Centre  
**Group FITNESS CLASSES**



FITNESS & RECREATION



Centennial Centre