

Parking Lot FITNESS CLASSES

Another unique C2 Fitness experience!

We're taking it outdoors this summer for unique, physical-distancing, group fitness classes!

Register in our JUNE Classes!

★ TUESDAYS	★ WEDNESDAYS	★ THURSDAYS
9:00am SPIN with JEN \$24	9:00am BODY BLAST with JEN \$16	----
7:00pm BOOTCAMP with NATALIE \$24	7:00pm YOGA FUSION with MARCELLE* \$16 *Bring own Yoga mat	7:00pm SPIN with JEN \$16

Participants Must Pre-Register: 780-812-3400 or centennialcentre.ca/fitness-training



We are committed to ensuring the health and safety of our participants and staff. We will be following strict guidelines and risk mitigation strategies set forth by the Government of Alberta. Adherence to these is required at all times. Full details are at www.centennialcentre.ca.



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SPIN WITH JEN 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!

JUNE: Tuesdays: \$24 / Thursdays: \$16

BOOTCAMP WITH NATALIE 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.

JUNE: Tuesdays: \$24

BODY BLAST WITH JEN 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.

JUNE: Wednesdays: \$16

YOGA FUSION WITH MARCELLE 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. ** We strongly encourage participants to bring their own mats.

JUNE: Wednesdays: \$16

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