

CREATE YOUR OWN "NEW NORMAL"

ENROLL IN A C2 FITNESS CLASS TODAY!

OCTOBER 2020 *Classes start October 1

PRE-REGISTER FITNESS CLASSES Monthly Sessions				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLAST 9:00am-10:00am OCTOBER: \$56 *includes M & W classes	SPIN + MORNING 9:00am-10:00pm OCTOBER: \$72 *includes T & Th classes	BODY BLAST 9:00am-10:00am OCTOBER: \$56 *includes M & W classes	SPIN + MORNING 9:00am-10:00pm OCTOBER: \$72 *includes T & Th classes	BARS and BELLS 9:00am-10:00am OCTOBER: \$40 *Friday classes only
KETTLEBELLS 12:10pm-12:50pm OCTOBER: \$56 *includes M & W classes	STRENGTH IN NUMBERS 11:00am-12:00pm OCTOBER: \$32 *Tuesday classes only	KETTLEBELLS 12:10pm-12:50pm OCTOBER: \$56 *includes M & W classes	SIT TO BE FIT 11:00am-12:00pm OCTOBER: \$40 *Thursday classes only	* Current 3 Month and 1 Year C2 Members receive a 15% discount on Pre-Register Fitness Classes
BOOTCAMP 6:00pm-7:00pm OCTOBER: \$56 *includes M & W classes	STRENGTH 6:00pm-7:00pm OCTOBER: \$72 *includes T & Th classes	BOOTCAMP 6:00pm-7:00pm OCTOBER: \$56 *includes M & W classes	STRENGTH 6:00pm-7:00pm OCTOBER: \$72 *includes T & Th classes	
		SPIN + EVENING 7:30pm-8:30pm OCTOBER: \$32 *Wednesday classes only		

Class descriptions are available at centennialcentre.ca

- * stringent health and safety procedures are in place
- * please arrive changed & ready to go
- * towel service is provided
- * please only bring what you need for class
- * we ask that you leave your little ones at home



Workout
with us!

BONNYVILLE C2 FITNESS CLASSES



OCTOBER 2020 *Class descriptions*

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.

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.

STRENGTH This slow paced class is ideal for working on perfecting your lifting technique while increasing strength and endurance. Learn to use barbells, kettle bells, dumbbells and other equipment while getting in a full body workout. This class is suitable for all fitness 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.

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!

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.

KETTLEBELLS Make your muscles work! Learn how to strength train with a piece of classic exercise equipment: the kettlebell. Blast all of the muscle groups and see your strength rapidly increase. This class will also include short bursts of cardio for an all-around bell-kicking workout!

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!