

# CREATE YOUR OWN "NEW NORMAL"

ENROLL IN A C2 FITNESS CLASS TODAY!

**NOVEMBER 2020** \*Classes start November 2

## PRE-REGISTER CLASSES | Monthly Sessions ~ No class November 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BODY BLAST</b> 9:00am-10:00am REGISTRATION FEE: \$40 *Monday classes only	<b>SPIN + MORNING</b> 9:00am-10:00pm REGISTRATION FEE: \$32 *Tuesday classes only	<b>PUMP IT UP</b> 9:00am-10:00am REGISTRATION FEE: \$24 *Wednesday classes only	<b>BARS and BELLS</b> 9:00am-10:00am REGISTRATION FEE: \$32 *Thursday classes only	<div style="border: 2px dashed blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>* Current 3 Month and 1 Year C2 Members receive a 15% discount on Pre-Register Fitness Classes</p> </div>
<b>STRENGTH AND STRETCH</b> 12:10pm-12:50pm REGISTRATION FEE: \$40 *Monday classes only	<b>SIT TO BE FIT</b> 11:00am-12:00pm REGISTRATION FEE: \$32 *Tuesday classes only	<b>KETTLEBELLS</b> 12:10pm-12:50pm REGISTRATION FEE: \$24 *Wednesday classes only	<b>STRENGTH IN NUMBERS</b> 11:00am-12:00pm REGISTRATION FEE: \$32 *Thursday classes only	
<b>BOOTCAMP</b> 6:00pm-7:00pm REGISTRATION FEE: \$64 *includes M & W classes	<b>BOOTCAMP</b> 6:00pm-7:00pm REGISTRATION FEE: \$64 *includes M & W classes			
<b>STRENGTH</b> 7:30pm-8:30pm REGISTRATION FEE: \$40 *Monday classes only	<b>SPIN + EVENING</b> 7:30pm-8:30pm REGISTRATION FEE: \$24 *Wednesday classes only			

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



## NOVEMBER 2020 *Class descriptions*

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

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**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, and balance. This class is perfect for increasing strength, endurance, & range of motion in joints.

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**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!

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**SPIN+** Come 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.

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**STRENGTH & STRETCH** If you're looking for a quick, fun, strengthen and lengthen focused workout you can squeeze in on your lunch break - this is the class for you! Join our instructor for a low impact class focused on muscular strength with a full body stretch to round off the remainder of the class.

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**BARS & BELLS** Battle it out in this full body strength and conditioning class designed to get you fit with fun and functional fitness using barbells, dumbbells and kettlebells. Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Thurs-YAY each week!

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**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.

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**STRENGTH** This class is designed to increase physical strength through weight training using a variety of different fitness equipment. You will work all major muscle groups from head to toe, while perfecting form and building muscle.

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**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!

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**PUMP IT UP** Prepare to get some sweat flowing as you learn to use barbells and much more in this fast-paced class. This class will also include use of kettlebells, dumbbells and bursts of cardio for a well-rounded, full body workout that will leave you feeling pumped up and ready to tackle the rest of the week!

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