



MOUNT PEARL
summit
CENTRE

FITNESS REGISTRATION PROGRAMS

winter 2018

Mount Pearl Summit Centre

126 Smallwood Drive

(709) 748-1002

customerservice@mountpearl.ca

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Online registration opens
Wednesday, January 3
at 5:00 pm

Online Registration Only
www.mountpearl.ca/registration



Fitness Boot Camp

Jan 8 to Apr 13
Mon, Wed & Fri

Reid Centre

\$232
6:00 - 6:50 am

Fitness Boot Camp

Jan 9 to Apr 12
Tue & Thu

Reid Centre

\$153
6:00 - 6:50 am

Fitness Boot Camp

Jan 9 to Apr 12
Tue & Thu

Leaman Room

\$153
6:00 - 6:50 pm

Fitness Boot Camp is designed for the exerciser who wants to burn fat and sculpt muscles all in one workout. Fifty minutes of alternating aerobic intervals and athletic drills with strengthening exercises, gives you a workout that is intense yet easy to follow. This program is great for beginners and advanced, as everyone is encouraged to start at their own pace. The instructor will push you past your comfort zone by providing alternate exercises depending on your fitness level. Please bring along a mat, handheld weights (if you have them), water and towel.

Hatha Yoga

Jan 9 to Apr 12
1 class / week
2 classes / week
Tue / Thu

Maher Room

\$92
\$173
7:00 - 7:50 pm

Yoga classes focus on breath, movement, balance, strength, and flexibility. Suitable, for beginners and experienced yoga participants.

Gentle Flow Yoga

Jan 10 to Apr 11
Wed

Maher Room

\$92
10:30 – 11:30 am

Active Aging

Jan 8 to Feb 1
Feb 5 to Mar 1
Mar 5 to Mar 29
Mon, Tue, Wed & Thu

Summit Centre

\$75
\$75
\$75
9:30 -10:30 am

This program is geared towards the older adult transitioning into a health conscious pre-retirement phase of their lives with the intent to make it part of their daily fitness well beyond their retirement. The project's goal is to engage the aging population by combining 30 min of daily strength training with 30 min of low, or no-impact, cardio four days/week for four weeks.

Co-ed Volleyball - Ages 17+

Jan 11 to Apr 19 (except Feb 8 & 15)
Thu

Reid Centre

\$61.30
8:00 – 9:30 pm

Co-ed Badminton - Ages 17+

Jan 9 to Apr 17 (except Feb 13)
Tue

Reid Centre

\$44
9:00 – 10:00 pm

Family Challenge

Jan 6 to Apr 28 (except Feb 10 & 17)
Sat

Reid Centre

Free
10:30 am - 12:20 pm

Come join us on Saturday mornings, it's all about fun with your family. Try some new games and play some classics. All ages welcome.

Inclusive Family Play

Jan 7 to Apr 29
(except Feb 11, Feb 18 & Apr 1)
Sun

Reid Centre

Free
9:00 - 10:30 am

Parents / caregivers and children 6 years of age and under are welcome to this join us on Sunday mornings for a self- directed inclusive play session. Come sign up your family!

Refund Policy: Refunds will only occur upon presentation of a doctor's note or in the event the program is cancelled by the Community Services Department.