



MOUNT PEARL  
**summit**  
CENTRE

## REGISTERED FITNESS PROGRAMS

Fall 2018

### Mount Pearl Summit Centre

126 Smallwood Drive

(709) 748-1002

[customerservice@mountpearl.ca](mailto:customerservice@mountpearl.ca)

Follow us on Facebook



**Online registration opens**

**Tuesday, September 4**

**at 5:00 pm**

**Visit**

**[www.mountpearl.ca/registration](http://www.mountpearl.ca/registration)**

Fitness Program Inquiries

Contact Summit Centre Customer Service

Call 748-1002 Ext 5

E-mail [customerservice@mountpearl.ca](mailto:customerservice@mountpearl.ca)



**Fitness Boot Camp**

Sept 10 - Dec 14  
Mon, Wed & Fri

**Reid Centre**

**\$232**  
6:00 - 6:50 am

**Fitness Boot Camp**

Sept 11 - Dec 13  
Tue & Thu

**Reid Centre**

**\$153**  
6:00 - 6:50 am

**Fitness Boot Camp**

Sept 11 - Dec 13  
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.

**Gentle Flow Yoga**

Sept 10 - Dec 12  
**1 class / week**  
**2 classes / week**  
Mon / Wed

**Maier Room**

**\$92**  
**\$173**  
9:30 – 10:30 am

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

**Hatha Yoga**

Sept 11 - Dec 13 (No Class Nov 22)  
**1 class / week**  
**2 classes / week**  
Tue / Thu

**Maier Room**

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

**Co-ed Badminton - Ages 17+**

Sept 11 – Dec 11  
Tue

**Reid Centre**

**\$44**  
9:00 – 10:00 pm

**Co-ed Volleyball - Ages 17+**

Sept 13 - Dec 13  
**1 class / week**  
**2 classes / week**  
Tue  
Thu

**Reid Centre**

**\$66**  
**\$119**  
9:00—10:30 pm  
8:00 – 9:30 pm

**60+ Recreational Shuffle Board**

Sept 13 - Dec 13  
(Excluding Sept 27 & Dec 6)

**Reid Centre**

**Free**  
10:30 am - 12:30 pm

**Indoor Walking**

Drop In Fee  
12 Walking Track Drop In

**\$1**  
**\$8.25**

Mon - Fri  
Sat & Sun

**Walking Track**

6:00 am – 10:00 pm  
7:00 am – 10:00 pm

Mon/Tue/Fri

**Reid Centre Gym**

12:00 – 1:00 pm

**Family Challenge**

Oct 12 - Nov 24 (No Class Nov 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.

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