

Spring 2022 Registered Fitness Classes April 24 to June 17, 2022

Registration Dates: **ONLINE ONLY**
Mount Pearl Residents: Tuesday, Apr 12 at 5:00 pm
Non-Residents: Thursday, Apr 14 at 5:00 pm
Max Per Class: 30 For Dryland / 45 for Aqua Classes
Facility Closed Monday, May 23; NO dryland classes on Thursday, May 12

NOTE: We now offer FLEX Registration ~ a person does not have to attend all classes but can register for one class if desired at a cost of \$7 per class. Pending space availability.

How can I help slow the spread of the COVID-19?

Wearing a mask is recommended (take off at the start class)

There are a number of things that can be done to help slow the spread of COVID-19, including:

- Participants must be able to observe safe, physical (social) distancing by keeping at least 6 feet (2m) between people at all times.
- Stay home if you are sick.
- Bring and use your own exercise mat and hand weights, no sharing of equipment.
- Practice proper hand hygiene by washing your hands or using an alcohol-based hand sanitizer that contains at least 60% alcohol.

CLASSES

Gentle Aqua Fit

A modified shallow water fitness workout conducted in chest-deep water at a lower intensity. Participants should be comfortable in chest-deep water. Participants required to bring their own weights.

Monday

10:30 – 11:20am
4 Sessions: Apr. 25 – May 16
Summit Pool
\$20

Wednesday

10:30 – 11:20am
5 Sessions: Apr. 27 – May 25
Summit Pool
\$25

Deep Water Fitness

Deep Water Fitness is a high-energy aqua class with low impact moves. Deep Water Fitness uses the pool to get a great workout without having to swim laps. Tread water, do drills, and use water weights to work your body and gain more muscular endurance and strength. All participants must be able to swim. Participants required to bring their own weights.

Wednesday

9:30 – 10:20am
5 Sessions: Apr. 27 – May 25
Summit Pool
\$25

Friday

9:30am – 10:20am
5 Sessions: Apr. 29 – May 27
Summit Pool
\$25

Aqua Fit

A shallow water fitness workout conducted in chest-deep water. Participants should be comfortable in chest-deep water. Participants required to bring their own weights. Taking place in the Summit Pool.

Monday

9:30 – 10:20am

4 Sessions: Apr. 25 – May 16

Summit Pool

\$20

Tuesday

9:30 – 10:20am **OR** 8:00 – 8:50pm

5 Sessions: Apr. 26 – May 24

Summit Pool

\$25

Thursday

9:30 – 10:20am **OR** 8:00 – 8:50pm

5 Sessions: Apr. 27 – May 26

Summit Pool

\$25

Sunday

8:00 – 8:50pm

6 Sessions: Apr 24 – May 29

Summit Pool

\$30

Aqua Zumba

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Taking place in the Summit Pool.

Monday

8:30 – 9:20pm

4 Sessions: Apr. 25 – May 16

Summit Pool

\$20

Wednesday

8:00 – 8:50pm

5 Sessions: Apr. 27 – May 25

Summit Pool

\$25

Sculpt

Consists of a low impact warm up followed by use of light weights (dumbbells only) and high reps for a full body toning workout in a fun, upbeat choreographed routine. Participants need to bring their own weights (3-5 lbs.) and mats.

Monday

7:00 – 7:50pm

7 Sessions: Apr 25 – June 13 (No Session May 23)

Reid Community Centre Gym

\$35

Hatha Flow Yoga

A yoga class with an emphasis on breath, movement, balance, strength, and flexibility. Suitable for beginners or those with prior yoga experience. Taking place in the Maher Room. Maximum is 12 per class.

Tuesday

8 Sessions: Apr 26 – June 14
1:00 – 1:50pm **OR** 7:00 – 7:50pm
\$63

Thursday

8 Sessions: Apr 28 - June 16
1:00 – 1:50pm
\$63

Pound

Channel your inner rockstar with this full body cardio-jam session. Inspired by the infectious, energizing, and sweat dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning and strength training with yoga and pilates inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out. Participants need to bring their own mats.

Wednesday

7:00 – 7:50pm
8 Sessions: Apr 27 – June 15
Reid Community Centre Gym
\$40

L1ft / PiYo

Work on strength and flexibility in this combo class! L1ft workouts involve high repetitions of relatively low weights(dumbbells) which reduces the chance of injury but still allows you to access the many benefits of resistance training. While PiYo combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. It's a low-impact workout that strengthens and sculpts the body while enhancing flexibility.

Thursday

9:00 – 9:50am
7 Sessions: Apr 28 – June 16 (No Session May 12)
Reid Community Centre Gym
\$35

Zumba Step®

Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics with the fun fitness-party that only Zumba® brings to the dancefloor. Zumba® Step increase cardio and calorie burning while adding moves that define and sculpt your core and legs.

Thursday

7:00 – 7:50pm

7 Sessions: Apr. 28 – June 16 (No Session May 12)

Reid Community Centre Gym

\$35

Zumba Gold® Classes

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Tuesday

10:30 – 11:20am

8 Sessions: Apr 26 – June 14

Reid Community Centre Gym

\$40

Thursday

10:30 – 11:20am

7 Sessions: Apr. 28 – June 16 (No Session May 12)

Reid Community Centre Gym

\$35

Total Body Conditioning

Total body conditioning classes incorporate **strength exercises and cardio segments** using equipment such as dumbbells, body bars, and bands for a total body workout. ... Total Body conditioning classes are intended to provide total fitness and overall toning by working every major muscle group in one workout. Participants need to bring their own equipment.

Tuesday

9:00 – 9:50am

8 Sessions: Apr 26 – June 14

Reid Community Centre Gym

\$40

INDOOR WALKING

Summit Centre	Walking Track
Drop-In Fee:	\$2
12 Walking Track Drop-In	\$15
Mon - Thu	6:00am – 9:30pm
Fri	6:00am – 8:30pm
Sat	7:30am – 7:00pm
Sun	9:00 am – 9:30pm

INDOOR WALKING

Reid Centre	Gymnasium
Drop-In Fee:	\$2
12 Walking Track Drop-In	\$15
April 25 – June 17	
Mon, Tue, Thu, Fri	12:00 – 1:00pm

No Walking on May 12 & May 23

Co-Ed Badminton

Pickup badminton game with single court and double court setup. MAX 6 people per session.

Thursday

8:00 – 8:50pm
 7 Sessions: Apr 28 – June 16 (No Session May 12)
 Reid Community Centre Gym
 \$35

Pickleball

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net.

Wednesday

12:30 – 1:30pm
 8 Sessions: Apr. 27 – June 15
 Gloria Pearson Community Centre
 \$46.75 (Individual)

Wednesday

2:00 – 3:00pm
 8 Sessions: Apr. 27 – June 15
 Gloria Pearson Community Centre
 \$46.75 (Individual)