

Fall 2023 Registered Fitness Classes September 10 to December 15, 2023

Registration Dates:	ONLINE ONLY
Mount Pearl Residents:	Tuesday, Sep 5 at 5:00 pm
Non-Residents:	Thursday, Sep 7 at 5:00 pm
Max Per Class:	40 For Dryland / 55 for Aqua Classes (except 10 for Yoga)

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. (Yoga is \$10 per class). Pending space availability.

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 are encouraged to bring their own weights.

Monday

10:30 – 11:20am

Instructor Madonna Pickett

13 Classes: Sep 11 – Dec 11 **(No class Oct 9)**

Summit Pool

\$65

Wednesday

10:30 – 11:20am

Instructor Madonna Pickett

14 Classes: Sep 13 – Dec 13

Summit Pool

\$70

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

Instructor Madonna Pickett

14 Classes: Sep 13 – Dec 13

Summit Pool

\$70

Friday

9:30am – 10:20am

Instructor Madonna Pickett

13 Classes: Sep 15 – Dec 15 **(No class Nov 17)**

Summit Pool

\$65

Aqua Fit

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

Monday

9:30 – 10:20am

Instructor Madonna Pickett

OR 8:30 – 9:20pm

Instructor Terry Walsh Oakley

13 Classes: Sep 11 – Dec 11 **(No class Oct 9)**

Summit Pool

\$65

Tuesday

9:30 – 10:20am

Instructor Madonna Pickett

14 Classes: Sep 12 – Dec 12

Summit Pool

\$70

Wednesday

8:00 – 8:50pm

Instructor Deborah Guillemette

14 Classes: Sep 13 – Dec 13

Summit Pool

\$70

Thursday

9:30 – 10:20am

Instructor Madonna Pickett

OR 8:00 – 8:50pm

Instructor Deborah Guillemette

14 Classes: Sep 14 – Dec 14

Summit Pool

\$70

Sunday

8:00 – 8:50pm

Instructor Terry Walsh Oakley

14 Classes: Sep 10 – Dec 10

Summit Pool

\$70

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

Instructor Deborah Guillemette

13 Classes: Sep 11 – Dec 11 **(No class Oct 9)**

Reid Community Centre Gym

\$65

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. Maximum is 12 per class.

Tuesday

1:00 – 1:50pm

Instructor Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor Judi Clooney

14 Classes: Sep 12 – Dec 12

Maheer Room

\$110

Thursday

1:00 – 1:50pm

Instructor Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor Judi Clooney

14 Classes: Sep 14 – Dec 14

Maheer Room

\$110

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

Instructor Jennifer O'Neill

14 Classes: Sep 13 – Dec 13

Reid Community Centre Gym

\$70

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.

Tuesday

9:00 – 9:50am

Instructor Jennifer O'Neill

14 Classes: Sep 12 – Dec 12

Maheer Room

\$70

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.

Thursday

9:00 – 9:50am

Instructor **Jennifer O'Neill**

14 Classes: Sep 14 – Dec 14

Maier Room

\$70

PICKLEBALL COURT BOOKINGS

You can book one court for 2 or 4 players only. If 2 courts are required, you will need to book under another player.

Tuesday & Thursday

10:00 – 10:50am

11:00 – 11:50am

1:00 – 1:50pm

7:00 – 7:50pm

Reid Community Centre Gym

\$8 for 2 players

\$16 for 4 players

Monday & Friday

1:00 – 1:50pm