

Winter 2024 Registered Fitness Classes January 7 to March 28, 2024

Registration Dates:

ONLINE ONLY

Mount Pearl Residents:

Wednesday, Jan 3 at 5:00 pm

Non-Residents:

Friday, Jan 5 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 required to bring their own weights.

Monday

10:30 – 11:20am

Instructor Madonna Pickett

12 Classes: Jan 8 – Mar 25

Summit Pool

\$60

Wednesday

10:30 – 11:20am

Instructor Madonna Pickett

12 Classes: Jan 10 – Mar 27

Summit Pool

\$60

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

12 Classes: Jan 10 – Mar 27

Summit Pool

\$60

Friday

9:30am – 10:20am

Instructor Madonna Pickett

11 Classes: Jan 12 – Mar 22

Summit Pool

\$55

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

Instructor Madonna Pickett

OR 8:20 – 9:10pm

Instructor Terry Walsh Oakley

12 Classes: Jan 8 – Mar 25

Summit Pool

\$60

Tuesday

9:30 – 10:20am

Instructor Madonna Pickett

12 Sessions: Jan 9 – Mar 26

Summit Pool

\$60

Wednesday

8:00 – 8:50pm

Instructor Terry Walsh Oakley

12 Classes: Jan 10 – Mar 27

Summit Pool

\$60

Thursday

9:30 – 10:20am

Instructor Madonna Pickett

OR 8:00 – 8:50pm

Instructor Terry Walsh Oakley

12 Classes: Jan 11 – Mar 28

Summit Pool

\$60

Sunday

8:00 – 8:50pm

Instructor Terry Walsh Oakley

11 Classes: Jan 7 – Mar 24

Summit Pool

\$60

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. **(No Class Monday, February 12)**

Monday

7:00 – 7:50pm

Instructor Deborah Guillemette

11 Classes: Jan 8 – Mar 25

Reid Community Centre Gym

\$55

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

1:00 – 1:50pm

Instructor Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor Judi Clooney

12 Classes: Jan 9 – Mar 26

Maher Room

\$94.25

Thursday

1:00 – 1:50pm

Instructor Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor Judi Clooney

12 Classes: Jan 11 – Mar 28

Maher Room

\$94.25

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. **(No Classes Wednesdays, February 7 and February 14)**

Wednesday

7:00 – 7:50pm

Instructor Jennifer O'Neill

10 Classes: Jan 10 – Mar 27

Reid Community Centre Gym

\$50

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. **(No Classes Tuesday, February 13)**

Tuesday

9:00 – 9:50am

Instructor Jennifer O'Neill

11 Classes: Jan 9 – Mar 26

Reid Community Centre Gym

\$55

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. **(No Classes Thursdays, February 8, February 15 and March 21)**

Thursday

9:00 – 9:50am

Instructor Jennifer O'Neill

9 Classes: Jan 11 – Mar 28

Reid Community Centre Gym

\$45

Cardio Core

Cardio Core is a low impact, medium intensity, interval class that alternates between light cardio moves and resistance exercises for full body toning with a focus on the core. Participants should bring 3-5 lb weights and a mat.

Thursday

7:00 – 7:50pm

Instructor Deborah Guillemette

12 Classes: Jan 11 – Mar 28

Leaman Room

\$60

Child's Fitness (Playgroup)

This program is for toddlers ages 2-5 to help children learn fundamental movement skills and build their confidence and competence in running, jumping, balancing, kicking, and throwing. This is a parent and tot playgroup with staff instructing a variety of games. **(No playgroup Saturdays February 10 and 17)**

Saturday

9:30 – 11:30am

10 Sessions: Jan 13 – Mar 30

Reid Community Centre Gym

\$5 per session

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.

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
12:00 – 12:50pm
1:00 – 1:50pm
Reid Community Centre
\$8 for 2 players
\$16 for 4 players

Monday & Friday

12:00 – 12:50pm
1:00 – 1:50pm
Reid Community Centre
\$8 for 2 players
\$16 for 4 players

NOTE: Courts will not be available from February 7 - 18, 2024