

Spring 2024 Registered Classes April 1 – June 8, 2024

Registration Dates:	ONLINE ONLY
Mount Pearl Residents:	Tuesday, March 26 at 5:00 pm
Non-Residents:	Thursday, March 28 at 5:00 pm
Max Per Class:	40 For Dryland / 55 for Aqua Classes (except 12 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 required to bring their own weights.

Monday

10:30 – 11:20am

Instructor: Madonna Pickett

8 Classes: April 8 – June 3 (No class May 20)

Summit Pool

\$40

Wednesday

10:30 – 11:20am

Instructor: Madonna Pickett

9 Classes: April 10 – June 5

Summit Pool

\$45

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 are required to bring their own weights.

Wednesday

9:30 – 10:20am

Instructor: Madonna Pickett

9 Classes: April 10 – June 5

Summit Pool

\$45

Friday

9:30am – 10:20am

Instructor: Madonna Pickett

8 Classes: April – 12 – June 7

Summit Pool

\$40

Aqua Fit

A shallow water fitness workout conducted in chest-deep water. Participants should be comfortable in chest-deep water. Participants are 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: Elaine Dyke

8 Classes: April 8 – June 3 (No class May 20)

Summit Pool

\$40

Tuesday

9:30 – 10:20am

Instructor: Madonna Pickett

9 Classes: April 9 – June 4

Summit Pool

\$45

Wednesday

8:00 – 8:50pm

Instructor: Terry Walsh Oakley

9 Classes: April 10 – June 5

Summit Pool

\$45

Thursday

9:30 – 10:20am

Instructor: Madonna Pickett

OR 8:00 – 8:50pm

Instructor: Terry Walsh Oakley

9 Classes: April 11 – June 6

Summit Pool

\$45

Sunday

8:00 – 8:50pm

Instructor: Terry Walsh Oakley

8 Classes: April 7 – May 31

Summit Pool

\$40

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

9 Classes: April 9 – June 4

Maher Room

\$70.75

Thursday

1:00 – 1:50pm

Instructor: Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor: Judi Clooney

9 Classes: April 9 – June 4

Maher Room

\$70.75

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](#)

9 Classes: April 10 – June 5

Reid Community Centre Gym

\$45

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](#)

9 Classes: April 9 – June 4

Reid Community Centre Gym

\$45

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](#)

9 Classes: April 11 – June 6

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.

Saturday

9:30 – 11:30am

April 6 – June 8

Reid Community Centre Gym

\$45

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.

Reid Community Centre Gym

April 8 – June 12

(3 courts available to play 2 or 4 players)

\$8 for 2 players / \$16 for 4 players

Tuesday & Thursday	Monday & Friday
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10:00 – 10:50am	12:00 – 12:50pm
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11:00 – 11:50am	1:00 – 1:50pm
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12:00 – 1:50pm	
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1:00 – 1:50pm	
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Gloria Pearson Community Centre Gym (45 Wyatt Blvd)

April 1 – June 12

1 court available to play 2 or 4 players

\$8 for 2 players / \$16 for 4 players

Monday (evenings)	Wednesday (evenings)
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6:00 – 6:50pm	7:00 – 7:50pm
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7:00 – 7:50pm	8:00 – 8:50pm
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8:00 – 8:50pm	9:00 – 9:50pm
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9:00 – 9:50pm	
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