

Spring 2025 Registered Fitness Classes April 27 to June 22, 2025

Registration Dates:

ONLINE ONLY

Mount Pearl Residents:

Tuesday, April 15 at 5:00 pm

Non-Residents:

Thursday, April 17 at 5:00 pm

NOTE: Drop-ins will be accepted pending space availability at a cost of \$7 per class. \$10 for Yoga.
ALL CITY FACILITIES CLOSED MONDAY, MAY 19

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

6 Classes: Apr 28 – June 9

Summit Pool

\$30

Wednesday

10:30 – 11:20am

Instructor Madonna Pickett

7 Classes: Apr 30 – June 11

Summit Pool

\$35

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

7 Classes: Apr 30 – June 11

Summit Pool

\$35

Friday

9:30 – 10:20am

Instructor Madonna Pickett

6 Classes: May 2 – June 13

Summit Pool

\$30

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

6 Classes: Apr 28 – June 9

Summit Pool

\$30

Tuesday

9:30 – 10:20am

Instructor Madonna Pickett

7 Classes: Apr 29 – June 10

Summit Pool

\$35

Thursday

9:30 – 10:20am

Instructor Madonna Pickett

OR 8:00 – 8:50pm

Instructor Terry Walsh Oakley

7 Classes: May 1 – June 12

Summit Pool

\$35

Sunday

8:00 – 8:50pm

Instructor Terry Walsh Oakley

6 Classes: Apr 27 – June 8

Summit Pool

\$30

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

8 Classes: Apr 29 – June 17

Maher Room

\$63

Thursday

1:00 – 1:50pm

Instructor Jennifer O'Neill

OR 7:00 – 7:50pm

Instructor Judi Clooney

8 Classes: May 1 – June 19

Maher Room

\$63

Sunday (No Class June 1)

9:00 – 9:50am

Instructor Judi Clooney

8 Classes: Apr 27 – June 22

Maher Room

\$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

Instructor Jennifer O'Neill

8 Classes: Apr 30 – June 18

Reid Community Centre Gym

\$40

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

8 Classes: May 1 – June 19

Leaman Room

\$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.

Tuesday

9:00 – 9:50am

Instructor Jennifer O'Neill

8 Classes: Apr 29 – June 17

Leaman Room

\$40

Fitness Dance

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Fitness Dance so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Fitness Dance class. With the tagline, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, with no rhythm required.

Working up a sweat in the 60-minute classes burns an average of 369 calories - more than cardio kickboxing or step aerobics. You will get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

Thursday

5:30 – 6:30pm

[Instructor Martha Flores](#)

8 Classes: May 1 – June 19

Leaman Room

\$40