

**Registration Dates:****ONLINE ONLY**

Mount Pearl Residents: Tuesday, December 16 at 5:00 pm

Non-Residents: Thursday, December 18 at 5:00 pm

**NOTE: Drop-ins will be accepted pending space availability at a cost of \$8 per class, \$11 for Yoga.**

## 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](#)

12 Classes: Jan 12 – Mar 30

\$72

**Wednesday**10:30 – 11:20am | [Instructor Madonna Pickett](#)

12 Classes: Jan 14 – Apr 1

\$72

### 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](#)

12 Classes: Jan 14 – Apr 1

\$72

**Friday**9:30 – 10:20am | [Instructor Madonna Pickett](#)

11 Classes: Jan 16 – Mar 27

\$66

### 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](#)

12 Classes: Jan 12 – Mar 30

\$72

**Tuesday**9:30 – 10:20am | [Instructor Madonna Pickett](#)

12 Classes: Jan 13 – Mar 31

\$72

**Thursday**9:30 – 10:20am | [Instructor Madonna Pickett](#)**OR**8:00 – 8:50pm | [Instructor Terry Oakley](#)

12 Classes: Jan 15 – Apr 2

\$72

**Sunday (No class Feb 1)**8:00 – 8:50pm | [Instructor Terry Oakley](#)

10 Classes: Jan 11 – Mar 22

\$60

## 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](#)

13 Classes: Jan 8 – Apr 2

Leaman Room - \$78

## Spin

Spin class is a fun cardiovascular workout using a stationary bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced, as you are in control of your resistance level on your bike and how hard you want to work in class.

### Monday

12:00 - 12:40pm | [Instructor Callie Parsons](#)

13 Classes: Jan 5 – Mar 30

Spin Room - \$78

### Wednesday

12:00 - 12:40pm | [Instructor Callie Parsons](#)

13 Classes: Jan 7 – Apr 1

Spin Room - \$78

## Mat Pilates

Mat Pilates is a form of low-impact exercise that focuses on building core strength, flexibility, and overall body awareness. Mat Pilates uses only a mat and sometimes small props (bands, balls, or light weights)

### Tuesday (Beginner)

6:00 – 6:50pm | [Instructor Samantha Smith](#)

13 Classes: Jan 6 – Mar 31

Leaman Room - \$117

### Thursday (Strong)

6:00 – 6:50pm | [Instructor Samantha Smith](#)

13 Classes: Jan 8 – Apr 2

Leaman Room - \$117

### Saturday (Strong)

10:30 – 11:20am | [Instructor Samantha Smith](#)

12 Classes: Jan 10 – Mar 28

Leaman Room - \$108

### Hatha Flow Yoga

A yoga class with an emphasis on breath, movement, balance, strength, and flexibility. Suitable for beginners

#### Tuesday

1:00 – 1:50pm | [Instructor Jennifer O'Neill](#)  
**OR** 7:00 – 7:50pm | [Instructor Judi Clooney](#)  
13 Classes: Jan 6 – Mar 31  
Maher Room - \$117

#### Thursday

1:00 – 1:50pm | [Instructor Jennifer O'Neill](#)  
**OR** 7:00 – 7:50pm | [Instructor Judi Clooney](#)  
13 Classes: Jan 8 – Apr 2  
Maher Room - \$117

#### Sunday (No Class – Sunday Feb 1)

9:00 – 9:50am | [Instructor Judi Clooney](#)  
11 Classes: Jan 4 – Mar 22  
Maher Room - \$99

### 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 (No classes - Wednesday Feb 4 and Feb 11)

7:15 – 8:05pm | [Instructor Jennifer O'Neill](#)  
11 Classes: Jan 7 – Apr 1  
Reid Community Centre Gym - \$66

### 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 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](#)  
13 Classes: Jan 6 – Mar 31  
Leaman Room - \$78