

## Spring 2026 Registered Fitness Classes April 12 to June 12, 2026

**Registration Dates:** **ONLINE ONLY**  
Mount Pearl Residents: Tuesday, March 31 at 5:00 pm  
Non-Residents: Thursday, April 2 at 5:00 pm

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

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### 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 13 – June 8  
\$48  
**No class on May 18**

##### Wednesday

10:30 – 11:20am  
Instructor: Madonna Pickett  
9 Classes: April 15- June 10  
\$54

#### 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 15 – June 10  
\$54

##### Friday

9:30 – 10:20am  
Instructor: Madonna Pickett  
9 Classes: April 17 – June 12  
\$54

## 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

8 Classes: April 13 – June 8

\$48

No class on May 18

### Tuesday

9:30 – 10:20am

Instructor: Madonna Pickett

9 Classes: April 14 – June 9

\$54

### Thursday

9:30 – 10:20am

Instructor: Madonna Pickett

9 Classes: April 16 – June 11

OR

8:00 – 8:50pm

Instructor: Terry Oakley

9 Classes: April 16 – June 11

\$54

### Sunday

8:00 - 8:50pm

Instructor: Terry Oakley

9 Classes: April 12 – June 7

\$54

## 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: April 16 – June 11

Reid Centre Gym

\$48

No class April 23

## 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

8 Classes: April 13 – June 8

Spin Room

\$48

No class May 18

### Wednesday

12:00 - 12:40pm

Instructor: Callie Parsons

9 Classes: April 15 – June 10

Spin Room

\$54

## 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 Pilates)

6:00 – 6:50pm

Instructor: Samantha Smith

7 Classes: April 14 – June 9

Leaman Room

\$63

No classes on April 28 & May 5

### Thursday

(Strong Pilates)

6:00 – 6:50pm

Instructor: Samantha Smith

7 Classes: April 16 – June 11

Leaman Room

\$63

No classes on April 30 & May 7

## 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

8 Classes: April 14 – June 9

Reid Centre Gym

\$42

No classes on May 12

## 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

9 Classes: April 14 – June 9

\$81

**OR** 7:00 – 7:50pm

Instructor: Judi Clooney

9 Classes: April 14 – June 9

Maher Room

\$81

### Thursday

1:00 – 1:50pm

Instructor: Jennifer O'Neill

9 Classes: April 16 – June 11

\$81

**OR** 7:00 – 7:50pm

Instructor: Judi Clooney

9 Classes: April 16 – June 11

Maher Room

\$81

### Sunday

9- 950am

Instructor: Judi Clooney

8 Classes: April 12 – June 7

Maher Room

\$72

## 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

7:15 – 8:05pm

Instructor: Jennifer O'Neill

9 Classes: April 15 – June 10

Reid Community Centre Gym

\$54

## Cardio Line Dance

Cardio Line Dance is an upbeat workout that blends the fun of line dancing with the heart-pumping benefits of cardio exercise. In this class, you'll move through repetitive dance patterns set to a mix of pop, country, and Latin-inspired music. Perfect for all fitness and dance levels. Expect to improve coordination, balance, and memory, as well as burn calories, and strengthen your lower body. No partner is needed, and no dance experience required. Just bring your enthusiasm, and get ready to move, sweat, and smile! Boots are optional.

### Monday

5:30 – 6:20pm

Instructor: Jennifer O'Neill

8 Classes: April 13 – June 8

Maher Room

**\$42**

**No classes on May 18**

## DanceFit

Move, sweat, and have fun in this high-energy Cardio Dance workout! Designed for all fitness levels, this class blends easy-to-follow dance choreography with upbeat music to boost your heart rate, burn calories, and improve coordination. Expect a mix of styles, from pop and hip-hop to Latin and world rhythms, creating a party-like atmosphere that makes exercise feel effortless. Whether you're looking to get fit, relieve stress, or simply enjoy moving to great music, DanceFit delivers a fun, empowering, full-body workout that keeps you smiling from start to finish.

### Thursday

5:30 - 6:20pm

Instructor: Jennifer O'Neill

9 Classes: April 16 – June 11

Maher Room

**\$54**