

Fall 2026 Registered Fitness Classes September 8 to December 11, 2026

Registration Dates:

ONLINE ONLY

Mount Pearl Residents:

Tuesday, August 25 at 5:00 pm

Non-Residents:

Thursday, August 27 at 5:00 pm

NOTE: Drop-ins will be accepted pending space availability at a cost of \$8 per class. \$11 for Yoga.
ALL CITY FACILITIES CLOSED WEDNESDAY SEPTEMBER 30 & WEDNESDAY NOVEMBER 11

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

13 Classes | Sep 14 – Dec 7

\$78

Wednesday

10:30 – 11:20am

Instructor Madonna Pickett

12 Classes | Sep 9 – Dec 9

\$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 | Sep 9 – Dec 9

\$72

Friday

9:30 – 10:20am

Instructor Madonna Pickett

13 Classes | Sep 11 – Dec 11

\$78

(No class scheduled on Nov 20)

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

13 Classes | Sep 14 – Dec 7

\$78

Thursday

Morning Session

9:30 – 10:20am

Instructor Madonna Pickett

14 Classes | Sep 10 – Dec 10

\$84

OR

Evening Session

8:00 – 8:50pm

Instructor Terry Oakley

13 Classes | Sep 10 -Dec 10

\$78

(No class scheduled on Nov 19)

Tuesday

Morning Session

9:30 - 10:20am

Instructor Madonna Pickett

14 Classes | Sep 8 - Dec 8

\$84

OR

Evening Session

8:00 - 8:50pm

Instructor Christine Fitzgerald

14 Classes | Sep 10 - Dec 10

\$84

Sunday

8:00 – 8:50pm

Instructor Terry Oakley

12 Classes | Sep 13 – Dec 6

\$72

(No class scheduled on Nov 22)

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 | Sep 10 – Dec 10

Reid Centre Gym

\$78

(No class scheduled on Sep 17)

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

14 Classes | Sep 8 – Dec 8

Leaman Room

\$126

Thursday

(Strong Pilates)

6:00 – 6:50pm

Instructor Samantha Smith

14 Classes | Sep 10 – Dec 10

Leaman Room

\$126

Hatha Flow Yoga

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

Tuesday

Afternoon Session

1:00 – 1:50pm

Instructor Jennifer O'Neill

14 Classes | Sep 8 – Dec 8

\$126

OR

Evening Session

7:00 – 7:50pm

Instructor Judi Clooney

14 Classes | Sep 8 – Dec 8

Maher Room

\$126

Thursday

Afternoon Session

1:00 – 1:50pm

Instructor Jennifer O'Neill

14 Classes | Sep 10 – Dec 10

\$126

OR

Evening Session

7:00 – 7:50pm

Instructor Judi Clooney

13 Classes | Sep 10 – Dec 10

Maher Room

\$117

(No class scheduled on Nov 19)

Sunday

9:00- 9:50am

Instructor Judi Clooney

12 Classes | Sep 13 – Dec 6

Maher Room

\$108

(No class scheduled on Nov 22)

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](#)

12 Classes | Sep 9 – Dec 9

Reid Community Centre Gym

\$72

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](#)

14 Classes | Sep 8 – Dec 8

Reid Centre Gym

\$84

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

5:20 – 6:20pm

[Instructor Jennifer O'Neill](#)

13 Classes | Sep 14 – Dec 7

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

13 Classes | Sep 10 – Dec 10

Maher Room

\$78

(No class scheduled on Nov 19)

Youth Drone Builders & Racing Program (Ages 6–18)

Take your skills to new heights in this exciting year-long drone program designed for children and youth ages 6–18. Participants will explore the world of drone technology through hands-on learning, flight training, drone building, and competitive racing.

Throughout the program, participants will learn about drone components, safety procedures, flight mechanics, and maintenance while developing valuable STEM skills. As the season progresses, they will race and repair their shared racing drones, improve their flying abilities, and put their skills to the test through organized racing events and competitions.

Monday

6:00 – 8:00pm

Gloria Pearson Community Centre

Sep 2026 – Aug 2027

FREE

Program Schedule

Sep – Dec 2026: Drone Fundamentals & Flight Training

Jan – Jun 2027: Advanced Learning & Indoor Racing

Jul – Aug 2027: Track Building & Summer Racing

All other details found on the City's website: www.mountpearl.ca/recreation/programs/youth-programs/

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.

Sunday

9:00 – 10:30am

Sep 13 - Dec 13

Reid Centre Gym

\$5 / Session

(No session scheduled on Sep 20)

Pickleball League

Thursday Women's League

12:30 – 2:20pm

Instructor [Steve Maher](#)

13 Classes | Sep 10 – Dec 17

Reid Centre Gym

\$195 for full session or \$15 drop in

(No session scheduled Sep 17, and Oct 22)

Friday Co Ed League

12:30 – 2:20pm

Instructor [Steve Maher](#)

14 Classes | Sep 11 – Dec 18

Reid Centre Gym

\$210 for full session or \$15 drop in

(No session scheduled Oct 2)