

Summer 2024 Registered Fitness Classes July 7 to August 29, 2024

Registration Dates:	ONLINE ONLY
Mount Pearl Residents:	Tuesday, June 25 at 5:00 pm
Non-Residents:	Thursday, June 27 at 5:00 pm
Max Per Class:	40 For Dryland / 55 for Aqua Classes (except 10 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

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.

Sunday

Instructor: Terry Walsh Oakley
8:00 – 8:50pm
8 Sessions: Jul 7 – Aug 25
Summit Pool - \$40

Monday

Instructor: Madonna Pickett
9:00 – 9:50am
8 Sessions: Jul 8 – Aug 26
Summit Pool - \$40

Tuesday

Instructor: Madonna Pickett
9:00 – 9:50am **OR**
Instructor: Terry Walsh Oakley
8:00 – 8:50pm
8 Sessions: Jul 9 – Aug 27
Summit Pool - \$40

Thursday

Instructor: Madonna Pickett
9:00 – 9:50am **OR**
Instructor: Terry Walsh Oakley
8:00 – 8:50pm
8 Sessions: Jul 11 – Aug 29
Summit Pool - \$40

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

Instructor: Madonna Pickett
9:00 – 9:50am **OR** 8:00 – 8:50pm
8 Sessions: Jul 10 – Aug 28
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.

Tuesday (OUTDOOR)

Instructor: Jennifer O'Neill

8 Sessions: Jul 9 – Aug 27

9:00 – 9:50am

St. Davids Park

FREE (Drop-In)

Wednesday

Instructor: Judi Clooney

8 Sessions: Jul 10 – Aug 28

7:00 – 7:50pm

Maheer 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.

Monday (OUTDOOR)

Instructor: Jennifer O'Neill

8 Sessions: Jul 8 – Aug 26

5:00 – 5:50pm

St. Davids Park

FREE (Drop-In)