

Fall 2024 Registered Fitness Classes September 9 to December 14, 2024

Registration Dates:

ONLINE ONLY

Mount Pearl Residents:

Tuesday, Sep 3 at 5:00 pm

Non-Residents:

Thursday, Sep 5 at 5:00 pm

Max Per Class:

16 For Dryland / 40 for Pound 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. Pending space availability.

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 (No class Sep 30, Oct 14 & Nov 11)

Instructor: Madonna Pickett

10:30 – 11:20am

11 Classes: Sep 9 – Dec 9

Summit Pool

\$55

Wednesday

Instructor: Madonna Pickett

10:30 – 11:20am

14 Classes: Sep 11 – Dec 11

Summit Pool

\$70

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

9:30 – 10:20am **OR** 8:00 – 8:50pm

14 Classes: Sep 11 – Dec 11

Summit Pool

\$70

Friday (No class Nov 15)

Instructor: Madonna Pickett

9:30 – 10:20am

13 Classes: Sep 13 – Dec 13

Summit Pool

\$65

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 (No class Sep 30, Oct 14 & Nov 11)

Instructor: Madonna Pickett

9:30 – 10:20am **OR**

Instructor: Elizabeth Evans

8:20 – 9:10pm

11 Classes: Sep 9 – Dec 9

Summit Pool

\$55

Tuesday

Instructor: Madonna Pickett

9:30 – 10:20am

14 Classes: Sep 10 – Dec 10

Summit Pool

\$70

Thursday

Instructor: Madonna Pickett

9:30 – 10:20am **OR**

Instructor: Terry Oakley-Walsh

8:00 – 8:50pm

14 Classes: Sep 12 – Dec 12

Summit Pool

\$70

Sunday (No class Nov 17)

Instructor: Terry Oakley-Walsh

8:00 – 8:50pm

13 Classes: Sep 8 – Dec 8

Summit Pool

\$65

Sculpt

Consists of a low impact warm up followed by use of light weights (dumbbells only) and high reps for a full body toning workout in a fun, upbeat choreographed routine. Participants need to bring their own weights (3-5 lbs.) and mats.

Monday (No class Sep 30, Oct 14 & Nov 11)

Instructor: Deborah Guillemette

7:00 – 7:50pm

11 Classes: Sep 9 – Dec 9

Leaman Room

\$55

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. Maximum is 12 per class.

Tuesday

Instructor: Jennifer O'Neill

1:00 – 1:50pm **OR**

Instructor: Judi Clooney

7:00 – 7:50pm

14 Classes: Sep 10 – Dec 10

Maher Room

\$110

Thursday

Instructor: Jennifer O'Neill

1:00 – 1:50pm **OR**

Instructor: Judi Clooney

7:00 – 7:50pm

14 Classes: Sep 12 – Dec 12

Maher Room

\$110

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

Instructor: Jennifer O'Neill

7:00 – 7:50pm

14 Classes: Sep 12 – Dec 12

Reid Community Centre Gym

\$70

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

Instructor: Jennifer O'Neill

9:00 – 9:50am

14 Classes: Sep 10 – Dec 10

Leaman Room

\$70

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

Instructor: Jennifer O'Neill

9:00 – 9:50am

14 Classes: Sep 12 – Dec 12

Leaman Room

\$70

Step And Tone

Step and tone classes are an easy to follow cardio and toning workout using a step, together with body conditioning exercises to burn calories and strengthen and tone muscles in the entire body. A simple step-up routine will help train your heart, lungs, bones, muscles, and much more.

Stepping up and down works your calves, quadriceps, and hamstrings and glutes. All those step-ups strengthen and tone your buttocks. The moves target your legs, upper body, and core, building strength and flexibility.

Thursday

Instructor: Deborah Guillemette

7:00 – 7:50pm

14 Classes: Sep 12 – Dec 12

Leaman Room

\$70