

## Winter 2025 Registered Fitness Classes January 5 to April 17, 2025

**Registration Dates:** **ONLINE ONLY**  
Mount Pearl Residents: Tuesday, December 17 at 5:00 pm  
Non-Residents: Thursday, December 19 at 5:00 pm

**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. \$10 for Yoga. Pending space availability.**

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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  
15 Classes: Jan 6 – Apr 14  
Summit Pool  
\$75

##### Wednesday

10:30 – 11:20am  
Instructor Madonna Pickett  
15 Classes: Jan 8 – Apr 16  
Summit Pool  
\$75

#### 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  
15 Classes: Jan 8 – Apr 16  
Summit Pool  
\$75

##### Friday

9:30 – 10:20am  
Instructor Madonna Pickett  
14 Classes: Jan 10 – Apr 11  
Summit Pool  
\$70

## 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

15 Classes: Jan 6 – Apr 14

Summit Pool

\$75

### Tuesday

9:30 – 10:20am

Instructor Madonna Pickett

15 Classes: Jan 7 – Apr 15

Summit Pool

\$75

### Thursday

9:30 – 10:20am

Instructor Madonna Pickett

**OR** 8:00 – 8:50pm

Instructor Terry Walsh Oakley

15 Classes: Jan 9 – Apr 17

Summit Pool

\$75

### Sunday *(No class Feb 9 & Mar 30)*

8:00 – 8:50pm

Instructor Terry Walsh Oakley

13 Classes: Jan 5 – Apr 13

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

7:00 – 7:50pm

Instructor Deborah Guillemette

15 Classes: Jan 6 – Apr 14

Leaman Room

\$75

## 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. Taking place in the Maher Room. Maximum is 12 per class.

### Tuesday

1:00 – 1:50pm

Instructor Jennifer O'Neill

**OR** 7:00 – 7:50pm

Instructor Judi Clooney

15 Classes: Jan 7 – Apr 15

Maher Room

\$117.75

### Thursday

1:00 – 1:50pm

Instructor Jennifer O'Neill

**OR** 7:00 – 7:50pm

Instructor Judi Clooney

15 Classes: Jan 9 – Apr 17

Maher Room

\$117.75

## 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 class Feb 5 & Feb 12)

7:00 – 7:50pm

Instructor Jennifer O'Neill

13 Classes: Jan 8 – Apr 16

Reid Community Centre Gym

\$65

## 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

15 Classes: Jan 9 – Apr 17

Leaman Room

\$75

## 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

9:00 – 9:50am

Instructor Jennifer O'Neill

15 Classes: Jan 7 – Apr 15

Leaman Room

\$75

## Spin Class

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.

### Tuesday

1:30 – 2:30pm

Instructor Melanie Lapierre

15 Classes: Jan 7 – Apr 15

Spin Room

\$75

### Thursday

6:00 – 7:00pm

Instructor Melanie Lapierre

15 Classes: Jan 9 – Apr 17

Spin Room

\$75

## Seniors Dance

Fitness classes designed specifically for seniors play a vital role in promoting their health, mobility, and independence. These classes offer a supportive environment where seniors can exercise safely and at their own pace. They also provide an opportunity for social interaction, combating feelings of loneliness, and improving mental well-being. One standout program in the realm of fitness classes for seniors is Adult Dance. Tailored to the unique needs and abilities of seniors, Adult Dance offers a modified version of the popular Fitness Class program.

Adult Dance brings several unique benefits to seniors who participate in its classes. It incorporates low-impact movements that are gentle on the joints, making it ideal for seniors with joint issues or limited mobility. The rhythmic dance movements in Adult Dance provide a cardiovascular workout, improving heart health and circulation. Additionally, the balance exercises and coordination challenges in Adult Dance help prevent falls and maintain physical stability, which is crucial for seniors. The cognitive benefits of Adult Dance are also noteworthy, as learning choreography and engaging in dance routines stimulate brain activity and memory recall.

### Wednesday

9:00 – 9:50am

Instructor [Martha Flores](#)

14 Classes: Jan 15 – Apr 16

Maher Room

\$70

## Fitness Dance

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Fitness Dance so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Fitness Dance class. With the tagline, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, with no rhythm required.

Working up a sweat in the 60-minute classes burns an average of 369 calories - more than cardio kickboxing or step aerobics. You will get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

### Thursday

5:30 – 6:30pm

Instructor [Martha Flores](#)

14 Classes: Jan 16 – Apr 17

Leaman Room

\$70