

Group Fitness **SPRING** Schedule

MARCH 28 - APRIL 24



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

9:00-9:45 AM
CYCLE
Dawn
Aerobic Studio

9:00-10:00 AM
BARRE
Renee
Spin Studio

10:00-10:45 AM
REPS N SETS
Dawn
Aerobic Studio

10:00-11:00 AM
RESTORATIVE YOGA
Renee
Spin Studio

9:00-10:00 AM
REPS N SETS
Carrie
Aerobic Studio

9:15-10:15 AM
TAI CHI
Charlene
Spin Studio

5:15-6:00 PM
TOTAL BODY BLAST
Kathy
Aerobic Studio

5:30-6:00 PM
TUC N TUMMY
Dawn
Spin Studio

6:15-7:00 PM
TARGETED TRAINING-A/S
Dawn
Aerobic Studio

8:30-9:15 AM
KB-Strength
Kathy
Spin Studio

9:00-9:45 AM
CYCLE
Dawn
Aerobic Studio

10:00-10:30 AM
TUC N TUMMY
Dawn
Aerobic Studio

10:15-11:15 AM
HATHA YOGA
Renee
Spin Studio

10:45-11:30 AM
ACTIVE ADULTS
Dawn
Aerobic Studio

5:30-6:30 PM
CYCLE
Carrie
Aerobic Studio

8:15-9:00 AM
CYCLE
Migdalia
Aerobic Studio

9:15-10:15 AM
MAT PILATES
Migdalia
Aerobic Studio

10:30-11:15 AM
SENIOR FIT
Danae
Aerobic Studio

11:30-12:15 PM
CHAIR YOGA
Danae
Aerobic Studio

5:15-6:00 PM
TOTAL BODY BLAST
Kathy
Aerobic Studio

5:30-6:00 PM
TUC N TUMMY
Dawn
Spin Studio

6:15-7:00 PM
TARGETED TRAINING-C/B
Dawn
Aerobic Studio

10:15-11:15 AM
RESTORATIVE YOGA
Renee
Spin Studio

5:15-6:00 PM
HARDCORE
Carrie
Aerobics Studio

8:15-9:00 AM
TWIST N TONE
Emily
Spin Studio

9:00-10:00 AM
REPS N SETS
Carrie
Aerobic Studio

10:30-11:30 AM
QIGONG
Charlene
Spin Studio

11:00-12:00 AM
CARDIO BOXING
Carrie
Aerobic Studio

HOP into one of our classes today!!!



FEES
(4 Week Class)
Res/Member: \$30
Non-Resident: \$35
Sr Res/Mem: \$20
Sr Non-Res: \$25

PLATINUM MEMBERS FREE!



SCAN TO REGISTER

Pre-Registration Required
www.centrefelgin.org

Bring your own towel, mat, and source of water
Mask required at all times

KEY:

HIIT	STRENGTH	CYCLE
	CORE	MIND/BODY

GROUP FITNESS CLASS DESCRIPTIONS

Active Adults (45min) - All levels!

Light intensity interval training using weights/resistance with balance & core engagement.

BARRE (60min) - All levels!

Using a ballet bar you will strengthen & lengthen your arms & legs while increasing your core strength.

Cardio Boxing (60min) - All levels!

Fast & slow cardio boxing moves with constant core work.

Chair Yoga (45min) - All levels!

Having balance issues?

This class will help with that while improving flexibility, posture, etc.

Cycle (60min) - All levels!

Class focuses on endurance, strength high intensity with active recovery

Hard Core (45min) - All levels!

Include your core in all standing & floor exercises - with resistance & bodyweight drills.

Hatha Yoga (60min) - All levels!

Practice full static postures, mindful breath work at a manageable pace allowing for a greater focus on alignment & mindful breathing

KB- Strength (45min) - All levels!

A cross between kettlebell exercises & strength training, with DB's & barbells for a total body workout.

Mat Pilates (60min) - All levels! Low-impact class. Improve flexibility, build core strength, correct posture & learn proper breathing techniques. Enjoy balance & peace of mind.

QiGong (60min) - All levels!

Movements are designed to open energy channels to enhance well-being & prepare you for Tai Chi.

Reps N Sets (60min) - All levels!

Muscle conditioning w/weights; Intervals of 3-5 minutes for each muscle group.

Restorative Yoga (60min) - All levels!

Encourages physical, mental & emotional relaxation.

Tai Chi (60min) - All levels!

A gentle exercise & stretching-Yoga in motion. Reduces stress, increases flexibility, energy, muscle strength, stamina & agility.

Targeted Training (45min) - All levels!

Weight & resistance training targeting specific body parts; non-stop training alternating designated areas to burn. A/S = arms & shoulders
C/B = chest & back

Total Body Blast (45min) - All levels!

Strength, cardio, core intervals using weights, kettlebells & bar bells.

Tuc N Tummy (30min) - All levels!

Core & more - not just abs, but core with a twist.

Twist N Tone (45min) - All levels!

Easy & fun dance choreography with specific core work.