



Centennial Community Centre

Spring 2020 Fitness Class Schedule

*No classes April 10, 13 & May 18 2020



Session Dates: Saturday March 21 - Friday June 26 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning classes						
8:30AM HIIT Sherry		8:20 AM BOSU & You Sophie	7:00 AM Boot Camp Sherry		8:20 AM Cardio Dance Sophie	8:20 AM *Yoga R & R Ivy
Morning Classes						
9:30 AM Muscle Cond. Sherry ----- 10:40 AM Zumba Johanna	9:30 AM Low Impact Intermediate Alana ----- 10:40 AM *Yoga I Alana	9:30 AM Cardio Dance II Sophie ----- 10:40 AM Stability Ball Sophie	9:30 AM Cardio Salsa Giselle ----- 10:40 AM Relax & Stretch Anne	9:30 AM Functional Movement Catherine ----- 10:40 AM Muscle Cond. Catherine ----- 11:50 AM Core Strength & Stretch Catherine	9:30 AM Stability Ball Sophie ----- 10:40 AM BellyDanceFusion Sophie	9:30 AM Cardio Sculpt Joanne ----- 10:40 AM Yoga - Yin Michela
Mid - Day & Evening Classes						
	1:00 PM *Osteo Exercise Joanne		1:00 PM Forever Fit Joanne	1:00 PM *Yoga I Parul		
	5:45 PM Zumba Michael ----- 7:00 PM Muscle Cond. Joanne ----- 8:10 PM Boot Camp Lori	5:45 PM Muscle Works Shireen ----- 7:00 PM *Yoga I Michela ----- 8:10 PM *Yoga - Power Michela	5:45 PM Cardio Mix Novan ----- 7:00 PM Barre Tiffany ----- 8:10PM Zumba Diana 7:30 PM Low Impact Beate *Markham Village No class April 1	5:45 PM *Pilates I Tiffany ----- 7:00 PM *Yoga - Power Tiffany ----- 8:10 PM Circuit Blast Glen	5:30 PM Muscle Works Roseanne	

Group Exercise Policy:

1. Group Fitness Wristband Process - Fitness staff hand out wrist bands 30 minutes before class start time. If you are participating in back to back classes please pick up a wristband for both classes. We will be holding a number of wristbands for the members who are only attending the second class and will be released 30 minutes before.
2. You must be 14 years or older to participate in Group Fitness Programming.
3. All equipment must be wiped down after use with the wipes provided in the Group Exercise and Spin Studios. This includes but not limited to Exercise and Yoga Mats, Stability Balls, Gliders & Bikes.
4. Cell phones are not permitted in Group Fitness classes.
5. Appropriate athletic attire: clean athletic-type shoes & attire.
6. Classes with less than 10 participants over 3 consecutive weeks are subject to cancellation.

March 10 2020



SEE ALL GROUP FITNESS CLASSES ONLINE!



markham.ca/fitness

Class Type	Adult	Senior (65+)
Regular Fitness Class	\$ 12.25	\$ 8.55
*Specialty Fitness Class	\$ 14.85	\$ 10.40
Regular Fitness 10 pass	\$ 110.15	\$ 77.10
Specialty Fitness 10 pass	\$ 133.60	\$ 93.50

All Group Fitness Inquiries / Feedback please contact:

groupfitness@markham.ca

Centennial Fitness Centre
8600 McCowan Rd,
Unionville, Ontario L3P 3M2
(905) 294-6111

Hours of Operation

Monday - Thursday:

5:30 am - 10:00 pm

Friday:

5:30 am - 9:00 pm

Saturday - Sunday:

7:30 am - 6:00 pm