



Cornell Community Centre

Spring 2020 Fitness Class Schedule

*No class 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						
Morning Classes						
9:30 AM Boot Camp Jenn -----	9:30 AM Barre Lissandra -----	9:30 AM *Yoga I Katy -----	9:30 AM Circuit Blast Cassie -----	9:30 AM Cardio Dance Sophie -----	9:30 AM *Yoga I Marlena -----	9:30 AM *Pilates I Tiffany -----
10:40 AM Muscle Works Jenn	10:40 AM Cardio Salsa Giselle	10:40 AM Muscle Conditioning Hope ----- 11:50 AM Cardio Dance Hope	10:40 AM *Yoga - Power Tracie	10:40 AM Muscle Conditioning Sophie	10:40 AM Cardio Salsa Giselle	10:40 AM *Pilates II Tiffany
Mid - Day & Evening Classes						
	1:00PM Zumba Gold Shorian					
	5:45 PM *Yoga - Power Tiffany -----	5:45 PM Zumba Julie -----	5:45 PM Barre (45 min) Lissandra -----	5:45 PM Muscle Conditioning Joanne -----		
	7:00 PM *Yoga I Tiffany -----	7:00 PM Cardio Mix Jenn -----	7:00 PM Zumba Roger -----	7:00 PM Zumba Elaine -----		
	8:10 PM Circuit Blast Glen	8:10 PM Muscle Conditioning Jenn	8:10PM *Yoga Meditative Indy	8:10 PM *Yoga I		

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.



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

Cornell Community Centre
3201 Bur Oak Ave.
Markham, Ontario L6B 0T2
(905) 479-7753

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