

Winter Virtual Group Fitness Schedule

Effective January 9 to March 25, 2021. Schedule and instructors subject to change without notice. Visit www.clarington.net/groupfitness for the most up-to-date schedule.

- Classes are open to adults aged 18+. No membership is required. Registration is free of charge.
- Registration can be done online at www.clarington.net/beactive.
- Register with barcode 24167 once for access to all virtual fitness classes throughout the session.
- After registering, you will receive an email with links to upcoming classes as well as an instruction sheet on how to join a Microsoft Teams Live Event.

Day	Time	Class
Monday	9 a.m.	Fitness for Arthritis
Monday	2:30 p.m.	20/20/20
Monday	5 p.m.	Tabata*
Tuesday	10:30 a.m.	20/20/20
Tuesday	12:15 p.m.	Zumba Gold
Wednesday	9 a.m.	Yoga
Wednesday	4 p.m.	Bodyweight Bootcamp *
Wednesday	7 p.m.	Meditation
Thursday	12:15 p.m.	Soup Can Sculpt
Friday	9:30 a.m.	Stretch and Sculpt
Friday	11:30 a.m.	Chair Yoga
Friday	1 p.m.	H.I.I.T. *

* indicates a class is high intensity and designed for more advanced participants. Unless noted, virtual classes are low to moderate intensity and suitable for most fitness levels.

No equipment is required, though some classes may use items that can commonly be found in your household (ex. soup cans).

We recommend wearing comfortable athletic clothing and shoes and clearing a small space in front of your screen. Keep some water on hand to stay hydrated, and please review the disclaimer below before joining.

Stay tuned to your email as we get started with the class – if we run into any technical difficulties, we will email you to let you know and offer further direction if required.

Disclaimer and Health Information:

The health benefits of physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. However, some should check with their doctor, another health care practitioner who is licensed to diagnose, or a qualified exercise professional before they start becoming much more physically active.

[This questionnaire](#) will tell you whether it is necessary for you to seek further advice before becoming more physically active. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Please note, you should delay becoming more active if you have a temporary illness (such as a cold or fever). It is best to wait until you feel better.

By accepting the invitation and joining the Teams event, you acknowledge you are aware that participation in any exercise program carries a risk of injury (which include, but are not limited to, dizziness, fainting, nausea, muscle cramping, musculoskeletal injury, sprains and strains, heart attack, or stroke) and verify that you are capable of performing physical exercise and are voluntarily participating in this group fitness class.