

# Fall 2021 55+ Group Fitness Class Schedule

Classes start September 25 and run for 12 to 13 weeks. No classes September 30 or October 11.

**First registration starts September 23 at 9 a.m.**

- Schedule and instructors are subject to change without notice.
- Classes conclude five minutes before the end time to allow for equipment disinfecting and cleanup. If you are interested in attending a 55+ group fitness class, please speak with an Older Adult Staff or Customer Service Representative about becoming a 55+ group fitness member.
- To meet physical distancing requirements, classes have capacity limits, and pre-registration for each class is required. Registration is open to members, 10-ticket pass holders or you can pay the \$4.20 drop-in fee.
- Registration is available at [www.clarington.net/beactive](http://www.clarington.net/beactive) or 905-623-3379 ext. 2552. Phone registration is open Monday to Friday from 9 a.m. until 4:30 p.m.
- Registration will open on Thursdays at 9 a.m. for the upcoming week, Friday through Thursday. Members and drop-ins can only schedule their classes for one week at a time; you will not be able to pre-book all ten weeks at once.
- If you cannot attend your registered class, contact us to withdraw or transfer at least one day in advance. If you need assistance, you can reach our team from Monday to Friday from 9 a.m. to 4:30 p.m. at 905-623-3379 ext. 2552. Those who register for classes and do not show up may lose the ability to pre-register in the future. You will be required to wear a mask while in any Municipal building and during the screening process, and as you enter and exit class. You do not need to wear a mask while you exercise
- Strict physical distancing of at least two metres between participants will be enforced at all times during class. Please be mindful of others as exercise.

CCC = Courtice Community Complex  
DHRC= Diane Hamre Recreation Complex

Program	Day	Time	Location	Instructor
20/20/20	Mon	10 to 10:55 a.m.	CCC	Jess
Yoga	Mon	10:40 to 11:35 a.m.	DHRC	Nancy
Arthritis Fitness	Mon	11:10 a.m. to 12:05 p.m.	CCC	Jess
Latin Dance Party	Tue	9 to 9:55 a.m.	CCC	Karen
20/20/20	Tue	10:30 to 11:30 a.m.	CCC	Karen
Chair Yoga	Wed	10 to 10:55 a.m.	CCC	Emily
Power Up	Wed	11:10 a.m. to 12:05 p.m.	CCC	Karen
20/20/20	Wed	10 to 10:55 a.m.	DHRC	Ruth
20/20/20	Thu	8:15 to 9:10 a.m.	CCC	Katie
Stretch & Sculpt	Thu	9:25 to 10:20 a.m.	CCC	Katie
Yoga	Thu	11:05 to 12:00 p.m.	CCC	Greg
20/20/20	Fri	11:30 to 12:25 p.m.	CCC	Emily

For more information, please contact: 905-404-1525 ext. 2526 or 2525