

# Fall 2021 Group Fitness Schedule

Effective September 25 to December 17, 2021

Schedule and instructors are subject to change without notice.

Visit [www.clarington.net/groupfitness](http://www.clarington.net/groupfitness) for the most up-to-date schedule.

- Group fitness classes have capacity limits to ensure the comfort and safety of staff and participants.
- Class attendance is based on a first-come, first-served basis. Each participant must sign-in in person up to 30 minutes before the start of class. Others cannot write your name for you.
- Participants will need to wear their masks when entering and to exit class and while in changerooms. However, masks are not required during the exercise portion of the class.
- All patrons entering a Municipality of Clarington facility will be required to undergo COVID-19 screening and show proof of vaccination.
- The Municipality has launched an electronic COVID-19 self-screening form for those wishing to enter Clarington's community centres and complete the screening in advance. You can access the COVID-19 Self-Screening at [www.clarington.net/RecreationScreening](http://www.clarington.net/RecreationScreening), or by using the posted QR code at the facility entrance or in-person with facility staff.
- Equipment: Please bring your own yoga mat to class. Indoor shoes are required for participation as well as we recommend bringing a non-glass water bottle to class.
- For more information, please contact the Fitness Programmer at [FitnessProgrammer@clarington.net](mailto:FitnessProgrammer@clarington.net).

## Courtice Community Complex

PR = Program Room  
OA = Older Adult Hall

Day	Time	Class	Instructor	Room
Monday	9 to 10 a.m.	Spin & Conditioning	Julia	Studio
Monday	11 a.m. to 12 p.m.	Yoga	Greg	Studio
Monday	5 to 6 p.m.	Yoga	Greg	OA - Hall 1
Monday	5:30 to 6:15 p.m.	Boot Camp	Andrea	Studio
Monday	6:30 to 7:30 p.m.	20/20/20	Irene	Studio
Tuesday	8:30 to 9:30 a.m.	L.I.I.T. Low Intensity Interval Training	Grace	Studio
Tuesday	10 to 11 a.m.	Spin & H.I.I.T.	Nancy	Studio
Tuesday	11:30 a.m. to 12:30 p.m.	Stroller Fit <i>*Registered program</i>	Michelle	Outdoors/ OA
Tuesday	1 to 2 p.m.	Yoga	Sharon	Studio
Tuesday	5 to 6 p.m.	Zumba®	Emily	Studio
Tuesday	6:15 to 6:45 p.m.	Quick Spin	Michelle	Studio
Tuesday	7 to 8 p.m.	Muscle Moves	Michelle	Studio
Wednesday	6:30 to 7:15 a.m.	Muscle Moves	Andrea	Studio
Wednesday	9 to 10 a.m.	Spin & Pilates	Julia	Studio
Wednesday	5 to 6 p.m.	Spin	Kelly	Studio
Wednesday	6:15 to 7:15 p.m.	Yoga	Kelly	Studio

# Fall 2021 Group Fitness Schedule

Wednesday	7:30 to 8:30 p.m.	Body Sculpt	Irene	Studio
Thursday	8:30 to 9:30 a.m.	Body Sculpt	Grace	Studio
Thursday	5 to 6 p.m.	20/20/20	Emily	Studio
Thursday	6:30 to 7:15 p.m.	Spin	Tracy	Studio
Thursday	7:30 to 8:30 p.m.	Yogalates	Tracy	Studio
Friday	9 to 10 a.m.	Spin	Tracy	Studio
Friday	10:15 to 11:15 a.m.	Muscle Moves	Tracy	Studio
Friday	5 to 6 p.m.	Bootcamp	Irene	Studio
Saturday	8:30 to 9:30 a.m.	20/20/20	Grace	Studio
Saturday	11 a.m. to 12 p.m.	Zumba®	Emily	OA
Sunday	9 to 10 a.m.	Pilates	Justine	Studio
Sunday	9:30 to 10:30 a.m.	Yoga	Greg	OA

## Diane Hamre Recreation Complex

PR = Program Room

Day	Time	Class	Instructor	Location
Monday	9:30 to 10:30 a.m.	Yoga	Nancy	PR 2/3
Monday	7:30 to 8:30 p.m.	20/20/20	Jessica	PR 2/3
Tuesday	10:30 to 11:30 a.m.	Muscle Moves	Ruth	PR 2/3
Tuesday	6:30 to 7:30 p.m.	Kettlebell	Melinda	PR 2/3
Wednesday	11:30 am to 12:30 p.m.	Yoga	Deanna	PR 2/3
Wednesday	6:30 to 7:30 p.m.	Muscle Moves	Karen H	PR 2/3
Thursday	9:15 to 10:15 a.m.	Body Sculpt	Ruth	PR 2/3
Thursday	10:30 to 11:30 a.m.	Pilates	Ruth	PR 2/3
Friday	9:15 to 10:15 a.m.	Kick'n'Core	Ruth	PR 2/3
Friday	10:30 to 11:30 a.m.	Yoga	Sabrina	PR 2/3
Saturday	8:30 to 9:15 a.m.	H.I.I.T.	Melinda	PR 2/3
Saturday	9:30 to 10:30 a.m.	Kettlebell	Melinda	PR 2/3

For a list of all Virtual fitness opportunities, please visit [www.Clarington.net/BeActive](http://www.Clarington.net/BeActive).