

COMMUNITY ADULT FITNESS CLASSES

The Charlottetown Parks and Recreation Department offers classes to suit all fitness levels, including aerobics, step classes, ball classes, strength training, interval classes, and circuit classes. Classes are offered at convenient times (morning and the evening), with babysitting available during morning classes for a small fee. All of our instructors are certified. Fun and easy to follow!

ADULT

Stepping Out Fitness Classes - Low-Medium Impact

Location: Park Royal Church Gym

Date: Session 1 - Tuesday & Thursday (October 5 – December 9, 2010)

Session 2 – Tuesday & Thursday (January 4 - March 10, 2011)

Session 3 – Tuesday & Thursday (March 22 – May 26, 2011)

Time: 6:00 – 7:00PM

Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 plus GST

Resident (Three Sessions) \$136.50 plus GST

Drop-in: \$5.00 per class

Adult AM Fitness Classes – Low-Medium Impact

Location: West Royalty Community Centre

Date: Session 1 – Mon, Wed, & Fri (October 4 – December 15, 2010) *No class Oct. 11 / Nov. 1

Session 2 – Mon, Wed, & Fri (January 5 – March 16, 2011) *No class Feb. 21

Session 3 – Mon, Wed, & Fri (March 21– June 3, 2011) *No classes Apr 22/25, May 23

Time: 9:00 – 10:00AM

Fee: Resident \$73.50 incl. GST Non-Resident \$89.25 incl. GST

Resident (Three Sessions) \$157.50 plus GST

Drop-in: \$5.00 per class

Circuit Fitness Classes

A great class filled with a variety - a whole body approach. Come and improve your balance, strength, abs, and flexibility, with cardio bursts. High and low impact options given throughout the class. Fun and easy to follow!

Location: West Royalty Community Centre

Date: Session 1 – Monday & Thursday (October 4 – December 9, 2010) *No class Oct. 11

Session 2 – Monday & Thursday (January 6 – March 17, 2011) *No class Feb. 21

Session 3 – Monday & Thursday (March 21 – June 2, 2011) *No classes Apr 25 / May 23

Time: 7:30 – 8:30PM

Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 incl. GST

Resident (Three Sessions) \$136.50 incl. GST

Drop-in: \$5.00 per class

Noon Time Downtown Cardio Strength Boot Camp

Brenda Richard is a certified fitness instructor with more than 20 years of experience. Brenda combines the benefits of strength training and cardio exercise into a condensed 40-minute workout designed to sculpt your entire body.

Location: Murphy's Community Centre (Room 106)

Date: Tuesday & Thursday (October 5 – December 14, 2010) *No class Nov. 11

Time: 12:10 – 12:50PM

Fee: Resident \$63.00 incl. GST Non-Resident \$78.75 incl GST

Drop-in: \$5.00 per class

