

# Modified Holiday Group Fitness Schedule

Effective December 21, 2020 to January 8, 2021. Schedule and instructors subject to change without notice. Visit [www.clarington.net/groupfitness](http://www.clarington.net/groupfitness) for most up-to-date schedule.

- Group fitness classes will have capacity limits to meet physical distancing requirements, and pre-registration for each class will be required. Classes are members-only at this time.
- Registration can be done online at [www.clarington.net/beactive](http://www.clarington.net/beactive), or by telephone 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 Tuesdays at 9 a.m. for the upcoming week Friday through Thursday.
- Participants will need to wear their masks when not exercising and will be required to undergo COVID-19 screening upon entry to the building.
- If you are unable to attend your registered class, please contact us to withdraw or transfer, at least one day in advance.

## Courtice Community Complex

OA = Older Adult Hall

Day	Time	Class	Instructor	Room
Monday, December 21	11 a.m. to 12 p.m.	Yoga	Greg	Studio
Monday, December 21	6:30 to 7:30 p.m.	20/20/20	Irene	OA
Tuesday, December 22	8:30 to 9:30 a.m.	Cardio Interval	Grace	OA
Tuesday, December 22	5 to 6 p.m.	Zumba	Emily	OA
Wednesday, December 23	9 to 10 a.m.	Pilates	Julia	Studio
Wednesday, December 23	6 to 7 p.m.	Yoga	Kelly	OA
Monday, December 28	11 a.m. to 12 p.m.	Yoga	Greg	Studio
Monday, December 28	6:30 to 7:30 p.m.	20/20/20	Irene	OA
Tuesday, December 29	8:30 to 9:30 a.m.	Cardio Interval	Grace	OA
Tuesday, December 29	7 to 8 p.m.	Muscle Moves	Irene	OA
Wednesday, December 30	9 to 10 a.m.	Pilates	Julia	Studio
Wednesday, December 30	6 to 7 p.m.	Yoga	Kelly	OA
Saturday, January 2	8:30 to 9:30 a.m.	20/20/20	Grace	OA
Saturday, January 2	11 a.m. to 12 p.m.	Zumba	Emily	OA
Monday, January 4	6:20 to 7 a.m.	BOSU Circuit	Jackie	Studio
Monday, January 4	11 a.m. to 12 p.m.	Yoga	Greg	Studio
Monday, January 4	6:30 to 7:30 p.m.	20/20/20	Irene	OA
Tuesday, January 5	8:30 to 9:30 a.m.	Cardio Interval	Grace	OA
Tuesday, January 5	5 to 6 p.m.	Zumba	Emily	OA
Wednesday, January 6	9 to 10 a.m.	Pilates	Julia	Studio
Wednesday, January 6	6 to 7 p.m.	Yoga	Kelly	OA
Thursday, January 7	8:30 to 9:30 a.m.	Body Sculpt	Grace	OA
Thursday, January 7	6:30 to 7:30 p.m.	Yogalates	Tracy	OA
Friday, January 8	10:45 to 11:45 a.m.	Muscle Moves	Tracy	OA
Friday, January 8	5 to 6 p.m.	Bootcamp	Jessica	OA

## Diane Hamre Recreation Complex

PR = Program Room

Day	Time	Class	Instructor	Room
Monday, December 21	7:45 to 8:45 p.m.	20/20/20	Jess	PR
Tuesday, December 22	10:30 to 11:30 a.m.	Yoga	Sheena	PR
Wednesday, December 23	11:40 a.m. to 12:40 p.m.	Yoga	Deanna	PR
Monday, December 28	7:45 to 8:45 p.m.	20/20/20	Jess	PR
Tuesday, December 29	10:30 to 11:30 a.m.	Yoga	Sheena	PR
Wednesday, December 30	11:40 a.m. to 12:40 p.m.	Yoga	Deanna	PR
Monday, January 4	7:45 to 8:45 p.m.	20/20/20	Jess	PR
Tuesday, January 5	10:30 to 11:30 a.m.	Yoga	Sheena	PR
Wednesday, January 6	11:40 a.m. to 12:40 p.m.	Yoga	Deanna	PR
Wednesday, January 6	6:30 to 7:30 p.m.	On the Ball	Karen H.	PR
Thursday, January 7	10:30 to 11:30 a.m.	Yoga	Sheena	PR
Friday, January 8	10:30 to 11:30 a.m.	Yoga	Sheena	PR