



MOSSA Group Fitness Classes

Centre Wellington Community Sportsplex Aerobics Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	GROUP RIDE WITH AMY	CIRCUIT FITNESS (7:00AM) WITH JENNIFER	*Circuit Fitness Classes are held in the weightroom*		GROUP CENTERGY WITH AMY		
8:00 am	GROUP BLAST WITH BRANDY	GROUP POWER WITH HEATHER.S	GROUP CENTERGY WITH AMY	GROUP RIDE WITH HEATHER.S	GROUP ACTIVE WITH BRANDY		
9:00 am						GROUP POWER WITH HEATHER.S	GROUP CENTERGY WITH CHRISTINE
5:00 pm	GROUP POWER WITH CHRISTINE	GROUP RIDE WITH AMY	GROUP ACTIVE WITH CHRISTINE	GROUP POWER WITH HEATHER.M			
6:00 pm							
7:00 pm			GROUP RIDE WITH AMY	GROUP CENTERGY WITH CHRISTINE			

- Pre-Registration Required ([click here](#))
- Registration opens 7 days prior to class
- Adult Per Class: \$8.70 | Senior/Student: \$7.85
- Adult 10 Class Pass: \$73.95 | Senior/Student: \$66.75
- Adult Monthly Membership: \$57.85 | Senior/Student: \$48.45

- 60-minute classes
- Amazing instructors!
- Great for all fitness levels!
- Class Capacity: 15 people
- RIDE Class Capacity: 12 people

Parks & Recreation
Centre Wellington Community Sportsplex
550 Belsyde Avenue East, Fergus
519-846-9691 ext. 903
parks@centrewellington.ca
www.centrewellington.ca



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