



# MOSSA Group Fitness Classes

Centre Wellington Community Sportsplex  
Aerobics Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Amy				Amy		
8:00 am	Brandy	Heather S	Amy	Heather S	Brandy	Amy	Christine
9:00 am			Heather S			Heather S	Christine
5:00 pm	Christine	Amy	Christine	Heather M			
6:00 pm			Brandy				
7:00 pm				Christine			

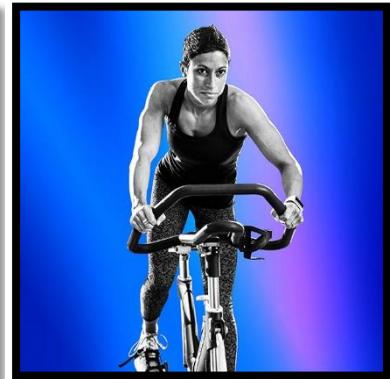
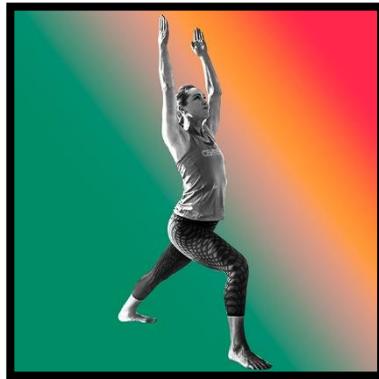
- Pre- Registration Required:  
<https://ca.apm.activecommunities.com/centrewellington>
- Registration opens 7 days prior to the class
- 10 person capacity in Ride classes
- 15 person capacity in all other classes

- Amazing instructors!
- 60 Minute Classes
- Great for all fitness levels
- \$8.70 per class
- \$73.95 10 pass
- Monthly membership \$55.90

Parks & Recreation  
Centre Wellington Community Sportsplex  
550 Belsyde Avenue East, Fergus  
519-846-9691 x903  
[parks@centrewellington.ca](mailto:parks@centrewellington.ca)  
[www.centrewellington.ca](http://www.centrewellington.ca)



# MOSSA Fitness Class Information



## Active

**Group Active®** is a diverse workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health™ for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. *ACTIVATE YOUR LIFE!*

## Blast

**Group Blast®** Athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. *HAVE A BLAST!*

## Centergy

Grow longer and stronger with **Group Centergy®**, an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. *REDEFINE YOUR SELF.*

## Fight

**Group Fight®** is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! *FIGHT FOR IT!*

## Power

**Group Power®** cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. *GET MUSCLE & MOVEMENT STRONG!*

## Ride

**Group Ride®** is a cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! *RIDE ON!*