



MOSSA Fitness Classes

**Centre Wellington Community Sportsplex Aerobics Room
starting Wednesday, November 10, 2021**

* New Wednesday and Friday Centergy classes starting Wednesday, November 17! *

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	GROUP RIDE Amy				GROUP CENTERGY Amy		
8:00 am	GROUP BLAST Brandy	GROUP POWER Heather S	GROUP CENTERGY Amy	GROUP RIDE Heather S	GROUP ACTIVE Brandy		
9:00 am						GROUP POWER Heather	GROUP CENTERGY Christine
5:00 pm	GROUP POWER Christine	GROUP RIDE Amy	GROUP ACTIVE Christine	GROUP BLAST Heather M			
7:00 pm				GROUP CENTERGY 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
- Face covering required unless participating in class
- Enter through the main doors at the Sportsplex
- Proof of vaccination & ID required upon entry

- Amazing instructors!
- 60 Minute Classes
- Great for all fitness levels
- \$8.70 per class
- Monthly membership \$54.60

Parks & Recreation
Centre Wellington Community Sportsplex
550 Belsyde Avenue East, Fergus
519-846-9691 x903
parks@centrewellington.ca
www.centrewellington.ca



MOSSA Fitness Class Information



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!*



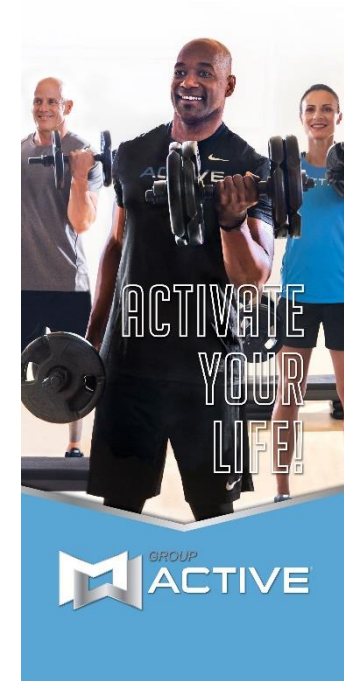
Group Power® cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. *GET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



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.*



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!*



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!*