

MOSSA Group Fitness Classes

Centre Wellington Community Sportsplex: Aerobics Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	RIDE	SROUP	CARDIO MUSCLE	CENTERGY	FRIDAY FIT MIX		
7:00 am	CENTERGY					CIRCUIT FITNESS	
8:00 am	BLAST	FOWER	CENTERGY	RIDE	SROUP		
9:00 am			(10:30AM) F.I.I.T			FOWER	CENTERGY
12:00 pm		(12:30PM) YOGA FLOW					
5:00 pm	POWER	RIDE	SPOUP	FOWER	FOWER		
6:30 pm				M R30			
7:00 pm				CENTERGY			

- Pre-Registration Required (click here)
- Registration opens 7 days prior to class
- Adult Per Class: \$9.30 | Senior/Student: \$8.40
- Adult 10 Class Pass: \$79.05 | Senior/Student: \$71.40
- Adult Monthly Membership: \$62.85 | Senior/Student: \$52.65
- 60-minute classes
- Amazing instructors!
- Great for all fitness levels!
- Class Capacity: 15 people
- RIDE Class Capacity: 12 people

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





MOSSA Fitness Class Information





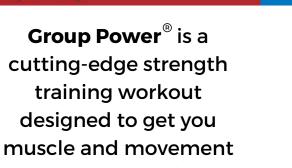












strong. It combines traditional strength training with full-body, innovative exercises using

an adjustable barbell,

weight plates, body weight, The STEP[®], heartpounding music, and expert coaching.

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!

R30[®] is a cycling workout that will improve your cardio fitness and muscular endurance in only 30 minutes. Inspiring music and motivating coaching sets the pace for a workout that will leave you feeling sweaty and

R30

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 variety of innovative and athletic exercises using dumbbells, body weight,

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

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!

GET MUSCLE & MOVEMENT STRONG

and The STEP.

energized.