

Group Fitness class schedule

7-Week Session

November 6 - December 23

DAY	CLASS	TIME	INSTRUCTOR
SUNDAY	**POUND – ROCKOUT.WORKOUT.	11:00am-12:00pm	Mary Ann Zandbergen
MONDAY	Nice & Easy	9:30-10:00am	Denise Covey
	Women On Weights	10:15-11:15am	Denise Covey
	**Kettlebells with Matt	6:00-7:00pm	Matt VanWychen
	Zumba Blast	7:00-7:30pm	Jo-Anne Lenethen
	Tone The Top (Tabata Style)	7:30-8:00pm	Jo-Anne Lenethen
TUESDAY	Cardio & Strength	9:30-10:30am	Jo-Anne Lenethen
	Core & Nothing More	10:30-11:00am	Jo-Anne Lenethen
	**On Tap Dance Studio Classes	3:30-6:15pm	On Tap Dance Studio
	**Hot Yoga (Community Room)	7:00-8:00pm	Hilary Huskison
	NEW!! H.I.I.T	6:30-7:00pm	Meaghan Roberts
NEW!! Total Body Strength	7:15-8:15pm	Denise Covey	
WEDNESDAY	Women On Weights	9:30-10:30am	Jo-Anne Lenethen
	NEW!! Strong Youth	3:30-4:00pm	Meaghan Roberts
	Fusion	6:30-7:30pm	Meaghan Roberts
	Cardio & Core	7:45-8:15pm	Denise Covey
THURSDAY	Women On Weights	9:00-10:00am	Denise Covey
	NEW!! Stretch & Roll	10:15-10:45am	Denise Covey
	Zumba Kids	4:30-5:30pm	Jo-Anne Lenethen
	Cardio Kick Blast	7:00-7:30pm	Jo-Anne Lenethen
	Rock Bottom (Tabata Style)	7:30-8:00pm	Jo-Anne Lenethen
FRIDAY	NEW!! Circuit Bootcamp	9:30-10:00am	Meaghan Roberts, Jo-Anne Lenethen & Denise Covey
	Core & Nothing More	10:00-10:30am	Meaghan Roberts, Jo-Anne Lenethen & Denise Covey

Important Class Notes, Cancellations & Holidays

There will be a one-week Christmas Break from December 24th-January 1st.
 A new session will begin Monday, January 2nd.

Group Fitness Class Sign-In Procedure

Participants registered for a specific class will automatically be placed on the sign-in sheet for that specific class. Starting at 9:00am each day, participants are able to phone the Customer Service Desk (902-354-4422) and sign-in for any QPEC class happening that day. For any class that has a start time of 9:00am or 9:30am, participants are able to phone the night before between 6:00-8:00pm to sign-in for class the next morning. You are not required to phone in advance, but it will guarantee your spot in class. There are different maximums for each class depending on the specific space & equipment requirements. All participants must check-in at the Customer Service Desk upon arrival for class.

Classes Not Run By Queens Place Emera Centre

** Any class noted with an asterisk (not in bold) is not offered by QPEC. These classes are run privately by renters. It may not follow the QPEC group fitness class schedule dates or pricing. If they are participating in a free class week, it will be noted in their description. Class costs are set by the instructor offering each specific class, they do not follow QPEC pricing. For more information on one of these classes, please see the instructor contact information on the reverse of this page.