

**Tone The Top (Intermediate – Advanced)**

- Class format will be different each week
- Upper body strength exercises using bodyweight, free weights or bands

**Fusion (All Levels)**

- Limited, low-impact cardio
- Strength & stretch using: free weights, bodyweight, stability balls, steps, gliders, etc.

**Cardio & Strength (Intermediate - Advanced)**

- A mix of cardio and strength exercises
- Class will incorporate bodyweight, step & dumbbell exercises to provide an overall conditioning class.

**Cardio Kick Blast (Intermediate - Advanced)**

- Combine cardio & air boxing style moves with squatting and shoulder work

**Nice & Easy (Beginner – Intermediate)**

- Promotes strength and flexibility to fight off osteoporosis
- Participants are encouraged to choose their own level of exertion

**H.I.I.T (Intermediate - Advanced)**

- Cardio bodyweight exercises combined with your choice of cardio... done in intervals
- High Intensity Interval class

**Women on Weights (All Levels)**

- A combination of upper & lower body and core exercises guaranteed to work the whole body
- Class will incorporate bodyweight, dumbbells, bands, steps, stability & BOSU balls... and much more.
- Options given for all ability & fitness levels

**Core & Nothing More (All Levels)**

- Devoted to developing all the muscles that make up the core. So much more than just abs!
- Class will be tailored to the participants. All ability levels welcome.

**Rock Bottom (Intermediate – Advanced)**

- Class format will be different each week.
- Lower body strength exercises using bodyweight, free weights or bands

**Circuit Bootcamp (Intermediate)**

- A fast-moving 30 minute circuit of exercises meant to target the entire body

**Cardio & Core (Intermediate - Advanced)**

- Combine intervals of cardio with core exercises
- High Intensity Intervals class

**Stretch & Roll (All Levels)**

- Stretch from head-to-toe
- Finish off the class with 10 minutes of foam rolling

**Total Body Strength (All Levels)**

- A total body workout... without the cardio!
- Class will incorporate upper/ lower body and core exercises
- Equipment could include: dumbbells, bands, gliders, steps or the most effective tool – your own bodyweight.

**POUND – ROCKOUT.WORKOUT. (All Levels)**

- Channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!
- Must bring a full-size yoga mat. ½ hour and 1 hr class options
- NOTE: See special info on Sunday morning POUND below.



**Sponsored POUND – ROCKOUT.WORKOUT. (All Levels)**

- Sunday's 10:30-11:30am from Jan 8<sup>th</sup>-Feb 26<sup>th</sup>
- Cost: FREE
- Must bring a full-size yoga mat
- No registration permitted. Participants can phone 902-354-4422 each Sunday morning starting at 9:00am to put their name on the list. First-come, first-serve to a max of 15 participants.
- Channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!
- THRIVE! Is an initiative by the provincial government to create a healthier Nova Scotia. Facility Access grants are made possible through the Nova Scotia Department of Communities, Culture & Heritage.

**POUND – ROCKOUT.WORKOUT. FOR KIDS (Ages 6 – 12)**

- Channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!
- In between songs, participants will play musical themed games
- Must bring a full-size yoga mat

**CLASSES NOT RUN BY QUEENS PLACE**

\*Registration Done Directly With Instructor/Studio\*

**Hot Yoga**

- Instructor: Hilary Huskilson
- 12-week session: Jan. 3<sup>rd</sup> – March 28<sup>th</sup> (no class March 14<sup>th</sup>)
- Registration Deadline: Fri. Oct. 28<sup>th</sup>
- Full Session Cost: \$96.00
- ½ Session Cost: Jan 3<sup>rd</sup>-Feb 7<sup>th</sup> or Feb. 14<sup>th</sup>-March 28<sup>th</sup> \$48.00
- All levels are welcome, bring a mat, water and a towel.
- Location: Queens Place Community Room
- To register or for more information: Contact Hilary at hhuskilson@gmail.com or 902-350-0690

**On Tap Dance Studio Classes**

- Instructor: On Tap Dance Studio
- Session: January 10<sup>th</sup>-March 28<sup>th</sup> (no class March 14<sup>th</sup>)
- Location: Queens Place Fitness Studio
- Tuesday's: Move & Groove Together (18-24mths) 3:30-4:00pm, Creative Movement (2-3 years) 4:00-4:30pm, Intro To Dance (4-6 years) 4:30-5:15pm & Lyrical (7-10 years) 5:15-6:00pm
- To register, costs, or for more info: tapon@ontapdancestudio or www.ontapdancestudio.com

**Price Schedule - QPEC Classes Only**

Annual Fitness Centre Membership + Group Fitness Class Add-On	Best Value! Unlimited access to the Fitness Centre & non-specialty QPEC Group Fitness classes. Space in group fitness classes is on a first-come, first serve basis after registered participants.	Adult	Junior	
		*\$45.59/month PAD	*\$37.25/month PAD	
Registration	Great Value! Guarantees your spot for each class. Discounted rate for multiple classes.		1 class/wk	2 classes/wk
		60 minute classes	\$50.00	\$ 90.00
		30 minute classes	\$ 25.00	\$ 45.00
Punch Card	Most Flexible Option! Great for trying different classes. (Card must be used for class length specified on card)	60 minute classes (10 punches)	\$ 65.00	
		30 minute classes (10 punches)	\$ 35.00	
Drop In	Great Option for visitors! Admission based on availability in class.	60 minute class	\$ 8.00	
		30 minute class	\$ 4.00	