



Group Fitness class schedule

FREE WEEK: January 2nd-7th
8-Week Session: January 8th - March 4th

DAY	CLASS	TIME	INSTRUCTOR
SUNDAY	 Sponsored by:  *See special class info on reverse *	10:30-11:30am	Meaghan Roberts, Jo-Anne Lenethen or Denise Covey
	Nice & Easy	9:30-10:00am	Denise Covey
MONDAY	Women On Weights	10:15-11:15am	Denise Covey
		7:00-7:30pm	Jo-Anne Lenethen
	Tone The Top	7:30-8:00pm	Jo-Anne Lenethen
	Cardio & Strength	9:30-10:30am	Jo-Anne Lenethen
TUESDAY	Core & Nothing More	10:30-11:00am	Jo-Anne Lenethen
	**On Tap Dance Studio Classes	3:30-6:00pm	On Tap Dance Studio
	**Hot Yoga (Community Room)	7:00-8:00pm	Hilary Huskilson
	H.I.I.T	6:30-7:00pm	Meaghan Roberts
	Total Body Strength	7:15-8:15pm	Denise Covey
	Circuit Bootcamp	9:30-10:00am	Jo-Anne Lenethen
WEDNESDAY		10:15-10:45am	Meaghan Roberts
	Fusion	6:30-7:30pm	Meaghan Roberts
		7:45-8:15pm	Denise Covey
	Women On Weights	9:00-10:00am	Denise Covey
THURSDAY	Core & Nothing More	10:15-10:45am	Denise Covey
	 For Kids	4:30-5:30pm	Jo-Anne Lenethen
	Cardio Kick Blast	7:00-7:30pm	Jo-Anne Lenethen
	Rock Bottom	7:30-8:00pm	Jo-Anne Lenethen
		9:30-10:00am	Meaghan Roberts, Jo-Anne Lenethen & Denise Covey
	Stretch & Roll	10:00-10:30am	Meaghan Roberts, Jo-Anne Lenethen & Denise Covey

Important Class Notes, Cancellations & Holidays

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schedule subject to change, contact Queens Place at 902-354-4422 to confirm availability

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.

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