MOSSA Group Fitness Classes

Centre Wellington Community Sportsplex: Aerobics Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	GROUP RIDE	GROUP ACTIVE	CARDIO MUSCLE	GROUP CENTERGY	CIRCUIT FITNESS		
7:00 am							
8:00 am	GROUP BLAST	GROUP POWER	GROUP CENTERGY	GROUP RIDE	GROUP ACTIVE		
9:00 am			GROUP ACTIVE			GROUP POWER	GROUP CENTERGY
12:00 pm							
5:00 pm	GROUP POWER	GROUP RIDE	GROUP ACTIVE	GROUP POWER	GROUP POWER		
6:30 pm				R30			
7:00 pm				GROUP CENTERGY			

- Pre-Registration Required through Active Communities
- Registration opens 7 days prior to class
- Adult Per Class: $9.50 | Senior/Student: $8.60
- Adult 10 Class Pass: $80.75 | Senior/Student: $73.10
- Adult Monthly Membership: $64.40 | Senior/Student: $53.95

- 60-minute classes
- Amazing instructors!
- Great for all fitness levels!
- Class Capacity: 15 people
- RIDE Class Capacity: 12 people

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550 Belsyde Avenue East, Fergus
519-846-9691 ext. 903
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www.centrewellington.ca

Centre Wellington

MOSSA
LET'S MOVE!

MOSSA Fitness Class Information



GROUP ACTIVE®

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, and The STEP®.

ACTIVATE YOUR LIFE!



GROUP BLAST®

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.

HAVE A BLAST!



GROUP CENTERGY®

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 POWER®

Group Power® is a cutting-edge strength training workout designed to get you muscle 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



GROUP 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!

RIDE ON!



R30®

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 energized.

EVERYONE FINISHES FIRST