

# CORNERSTONE FITNESS CLASS SCHEDULE

*STARTS MONDAY SEPTEMBER 21, 2020*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:45 AM IN STUDIO</b> Strength Conditioning (45 mins)	<b>6:30 AM IN STUDIO</b> <i>MEMBERS PLUS+ ONLY</i> Small Group Training (60 mins)	<b>7:15 AM MONCUR PARK</b> Park Body Blast (45 mins)	<b>7:15 AM MONCUR PARK</b> Park Strength Conditioning (45 mins)	<b>6:30 AM IN STUDIO</b> <i>MEMBERS PLUS+ ONLY</i> Small Group Training (60 mins)	<b>7:45 AM MONCUR PARK</b> Park Core + Cardio (45 mins)	
<b>9:30 AM IN STUDIO</b> Strength Conditioning LVL 1/2 (45 mins)	<b>9:30 AM IN STUDIO</b> <b>+ LIVE STREAM</b> Core + Cardio (45 mins)	<b>9:30 AM IN STUDIO</b> <b>+ LIVE STREAM</b> Strength Conditioning (45 mins)	<b>9:30 AM IN STUDIO</b> <b>+ LIVE STREAM</b> Yoga (60 mins)	<b>9:30 AM IN STUDIO</b> Stretch & Tone Barre (1 hour)	<b>8:50 AM IN STUDIO</b> Strength Conditioning (45 mins)	<b>9:00 AM IN STUDIO</b> <b>+ LIVE STREAM</b> Pilates (60 mins)
					<b>9:40 AM IN STUDIO</b> Strength Conditioning LVL 1 (45 mins)	<b>10:15 AM IN STUDIO</b> ELDOA (60 mins)
<b>7:00 PM MONCUR PARK</b> Park Strength Conditioning (45 mins)		<b>7:00 PM IN STUDIO</b> Strength Conditioning (45 mins)	<b>7:30 PM IN STUDIO</b> Strength Conditioning (45 mins)			
	<b>7:45 PM IN STUDIO</b> <b>+ LIVE STREAM</b> Stretch & Tone Barre (45 mins)	<b>7:45 PM IN STUDIO</b> Core + Cardio (30 mins)				

### **COVID-19 Adult Class Reservation and Cancellation Policy**

- Pre-reservation for all classes is required, a minimum of 1 hour prior to class. Class reservations can be made through the online portal on our website.
- For morning classes, if a minimum of 3 clients are not registered in a class by the deadline (morning classes: 6pm the evening before; evening classes: 10am the day of) the class will be cancelled and an email will be sent out to all members, challengers and class card holders.
  - Cancellations to class reservations must be done by emailing [register@cornerstonestudio.ca](mailto:register@cornerstonestudio.ca) by the deadlines listed above.
- Late cancellations or no shows will result in the client being charged for the full amount of their missed class (for drop ins or class cards); or a \$15.00 charge per class missed (for all unlimited passes and unlimited memberships).
- Contact tracing forms must be submitted within 24 hours prior to each class you attend. You will not be permitted into the building without completing the form.

### **What to bring to class:**

- Clean indoor shoes, a mat, a small towel, and a refillable water bottle.
  - Please arrive dressed in your workout gear.
- Masks are required indoors, but may be removed during the duration of the class.
  - For sanitary reasons, mats will not be provided for class.