

CORNERSTONE FITNESS CLASS SCHEDULE

STARTS MONDAY SEPTEMBER 21, 2020

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