

## CORNERSTONE FITNESS CLASS SCHEDULE

OUTDOOR & ONLINE- EFFECTIVE MONDAY NOVEMBER 2, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:15 AM</b> <b>MONCUR PARK</b> Park Strength Conditioning (45 mins)		<b>7:15 AM</b> <b>MONCUR PARK</b> Park Body Blast (45 mins)	<b>7:15 AM</b> <b>MONCUR PARK</b> Park Strength Conditioning (45 mins)		<b>8:00 AM</b> <b>MONCUR PARK</b> Park Core + Cardio (45 mins)	
<b>9:30 AM</b> <b>ZOOM</b> LIVE STREAM Strength Conditioning (45 mins)		<b>9:30 AM</b> <b>ZOOM</b> LIVE STREAM Strength Conditioning (45 mins)	<b>9:30 AM</b> <b>ZOOM</b> LIVE STREAM Yoga (60 mins)	<b>9:30 AM</b> <b>ZOOM</b> LIVE STREAM Core + Cardio (45 mins)	<b>9:15 AM</b> <b>ZOOM</b> LIVE STREAM Strength Conditioning (45 mins)	<b>9:00 AM</b> <b>ZOOM</b> LIVE STREAM Pilates (60 mins)
<b>6:45 PM</b> <b>ZOOM</b> LIVE STREAM Strength Conditioning (45 mins)		<b>7:00 PM</b> <b>ZOOM</b> LIVE STREAM Strength Conditioning (30 mins)				
	<b>7:45 PM</b> <b>ZOOM</b> LIVE STREAM Stretch & Tone Barre (45 mins)	<b>7:30 PM</b> <b>ZOOM</b> LIVE STREAM Core + Cardio (30 mins)	<b>7:35 PM</b> <b>ZOOM</b> LIVE STREAM Body Blast (45 mins)			

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

- Pre-reservation for all classes is required. 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 in-person class you attend. You will not be permitted into class without completing the form.

### **What to bring to the park:**

**A MAT & A WATER BOTTLE.**