

FLEX FALL 2021 Group Fitness Schedule

FREE week of classes September 13th through September 17th

Drop into any class you wish September 13th -17th. A great chance to try multiple classes for free!

PAID 12 WEEK SESSION DATES

Monday classes begin September 20th, end December 13th. Monday make up classes held December 20th (as required).

Tuesday classes begin September 21st, end December 7th. Tuesday make up classes held December 14th (as required).

Wednesday classes begin September 22nd, end December 8th. Wednesday make up classes held December 15th (as required).

Thursday classes begin September 23rd, end December 9th. Thursday make up classes held December 16th (as required).

Friday classes begin September 24th, end December 10th. Friday make up classes held December 17th (as required).

Classes continue throughout DC and Ontario Tech Reading weeks but there are no classes Thanksgiving Monday, October 11th.

REGISTRATION

Registration for paid classes is available online. Please visit www.campusrecreationcentre.com for more information.

Online registration will begin at 8am Monday, September 13th, 2021. Telephone registration is not available.

Registration is on a first come, first serve basis. Waiting lists will be used should classes be oversubscribed. A few weeks into the session, we are typically able to open up a few more spaces for those on the wait list, so be sure to submit your email address at the time of registration.

FORMAT

Registering for one class

2021 Group Fitness Schedule FAQs

1. If I sign up for 1 class per week, does that mean each week I can attend any 1 class of my choice?
Not quite. You will register for and attend the class(es) on the day(s) and time(s) you sign up for. For example, if you're interested in Yoga Flow, you will register for the class day and time that fits your schedule and attend those scheduled days and times throughout the session.
2. How is it ensured that I will get the classes I paid for?
Typically the CRWC will not oversell classes. Class sizes will be adhered to ensuring the spot you paid for is yours for the session.
3. What happens if I miss a class?
Unfortunately, due to room sizes, the number of registrants per class as well as the amount of available equipment, participants cannot attend a missed class on another day. We realize there are a few occasions where classes will be missed, and we've tried to take this into account through the reasonableness of per class pricing.
4. So if I sign up and pay for 3 classes, when I register, I need to indicate which classes I am registering for?
Exactly! For example, you may register for Monday's 4:10 class, Wednesday's 12:10pm class and Thursday's 12:10 class. Those are the classes you would attend regularly throughout the session.
5. Since all classes have a minimum number of participants, how will I know if the class I signed up for is running?
All classes will run for the first week, possibly the first two weeks of the schedule. At the time of registration, you will be asked to provide your email address. If the class you signed up for didn't attract enough participants, you will be notified by email as soon as possible. We also use this email list in the infrequent event of a class cancellation should we not be able to find a replacement instructor. Given our need to meet our registration minimums, help us spread the word! Bring a friend (or two)!
6. What happens if the classes I would like to sign up for are full?
Once classes are full, a wait list will be started. You can ask that your name be added to this list. If a spot becomes available, you will be contacted. Typically, as the session progresses, we see a drop in attendance. As this occurs, we will open up spots as appropriate. You may choose to join the class at this time at a prorated fee paying only for the number of remaining classes.
7. What qualifications do instructors hold?
Instructors have a wide range of education, certifications and experiences. All Flex instructors are qualified group fitness or yoga instructors and/or personal trainers.
8. How will I be notified of class cancellations should they occur?
In the event of instructor absence, we make every effort to find a replacement instructor. We also try our best to offer the same type of class, however, due to instructor availability this may not always be possible. If a class should be cancelled, we will try our best to provide you with notification via email as far in advance as possible and reschedule the class on the make-up dates listed. Be sure to provide your email address upon registration so we can get in touch with you. While it rarely occurs, should two (or more) classes need to be cancelled, you will be granted access to the Flex on the day of the cancellation as well as be provided with 2 complementary Flex guest passes (\$18 value) to use in the future and/or bring a guest to the Flex.
9. What if something comes up throughout the semester and I should need a refund or need to switch classes?
While we'd hate to see you go, prorated refunds are available until the halfway point in the session. So, for this session, no refunds would be granted beyond Monday, November 8th, 2021. Past this date, refunds need to be accompanied by medical documentation. Please be advised, after the first class of the session, prorated refunds are subject to a \$15 administration fee unless accompanied by medical documentation.

Flex Fall Group Fitness Schedule 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
11:10am				ZenBurn Aerobics Room 1 Dawn	
12:10pm	Pilates Aerobics Room 1 Kathy	Pilates Aerobics Room 1 Norah	Yoga for Core Aerobics Room 1 Pia	Yoga Flow Aerobics Room 1 Genevieve	Yoga for Relaxation Deanna Aerobics Room 1
1:10pm		Belly Dance Aerobics Room 1 Zahra	Pilates Aerobics Room 1 Kathy		Barre Dawn Aerobics Room 1
4:10pm	Full Body Stamina & Strength Aerobics Room 1 Deanna		Barre Dawn Aerobics Room 1		
5:10pm		Yoga 101 Aerobics Room 1 Pia		Pilates Aerobics Room 1 Norah	
6:10pm	Yoga Flow Aerobics Room 1 Pia				

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