



Portugal Cove  
St. Philip's

# FALL 2025 FITNESS AND PROGRAMS

Registration opens

September 5 at 9:00 am  
via eServices

If space allows, a date for  
non-resident registration  
will be announced

PROGRAM	DATE	LOCATION	COST
<b>FITNESS TRY-IT SESSIONS</b> - <b>Pound:</b> Sept 14, 7:00-8:00 pm - <b>Monday Yoga:</b> Sept 15, 6:30-7:30 pm - <b>Wednesday Yoga:</b> Sept 17, 5:15-6:15pm - <b>Zumba:</b> Sept 17, 6:30-7:30pm - <b>Kickboxing:</b> Sept 25, 6:30-7:30pm	September 14 - 17	Recreation Centre	Free
<b>YOGA</b> Mondays 6:30 - 7:30 pm (18+)	September 22 - December 8 (No Session Oct 13)	Recreation Centre	\$115
<b>YOGA</b> Wednesdays 5:15 - 6:15 pm (18+)	September 24 - December 10 (No Sessions Oct 29 & Nov 5)	Recreation Centre	\$105
<b>SIT &amp; FIT</b> Tuesdays & Thursdays 11:00 am - 12:00 pm (50+)	September 16 - Dec 16 (No Sessions Sept 30, Oct 2, 7, 14, Nov 11 & Dec 2)	Recreation Centre	\$47.50
<b>ADULT FITNESS</b> Tuesdays & Thursdays 9:30 - 10:30 am (50+)	September 16 - December 4 (No Sessions Sept 25, 30, Oct 2, 7, 14, Nov 11 & Dec 2) *Make up classes are listed in brochure	Recreation Centre	\$50
<b>PLAYGROUP</b> Wednesdays 10:00 - 11:30 am (0-5 years) (Parent/guardian required)	September 17 - December 10 (No Sessions Oct 1 & Nov 5)	Recreation Centre	\$25
<b>PICKLEBALL</b> Monday, Tuesday & Wednesday's 1:30 - 3:00 pm (18+)	eServices will have complete list of dates	Recreation Centre	\$2.50 per session
<b>PICKLE PRACTICE (NEW)</b> Fridays 10:00 - 11:30 am (18+)	September 19 - November 28 (No Session Oct 24 & Nov 7)	Recreation Centre	\$2.50 per session
<b>TRAIL TREKKERS (NEW)</b> Thursdays 3:00 pm (All ages)	September 18 - October 23	Voisey's Brook Park	Free
<b>ZUMBA</b> Wednesdays 6:30 - 7:30 pm (18+)	September 24 - December 10 (No Sessions Oct 29 & Nov 5)	Recreation Centre	\$96
<b>KICKBOXING</b> Thursdays 6:30 - 7:30 pm (All ages)	October 9 - December 4 (No Sessions Oct 2 & 30)	Recreation Centre	\$72
<b>STORYTIME</b> Friday Mornings (0-4 years) 10:30 - 11:30 am	September 11 - December 12	Portugal Cove-St. Philip's Library	

# 2025 PROGRAMMING OVERVIEW

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## **Registration Dates**

Registration for classes/programs must be completed online. Registration for residents opens on Friday September 5th, at 9:00am via eServices.

Non-resident registration will take place Monday, September 8th, at 9:00am should space allow. Classes require a minimum registration to proceed.

## **If at any time the participant is ill, stay home**

Participants (or their guardians on their behalf) are asked to refrain from attending programs or events if showing any symptoms of illness.

## **Equipment**

Facility equipment for fitness classes will not be available. Please check the class list and review the specific items needed for each class or program, which you will be required to bring from home.

## **Schedule**

Participants are asked to show up no more than 10 minutes before class, and leave immediately following the end of the class.

# REGISTRATION INFORMATION

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## Registration for classes/programs must be completed online.

Registration is completed through eServices.

Visit [www.pcsp.ca](http://www.pcsp.ca) and click on eServices in the top right.

Please make sure your account is up to date, or set up prior to the opening of registration.

To create a new account if you have not used eServices before, a Sign-Up Key can be found on your Tax Bill, or by contacting the Town Office at 709-895-8000

A Sign-Up Key is 8 characters (could be numbers or letters) located in a box at the bottom of your tax bill.

- Once the classes/programs open for registration, you'll see each class listed under "Events" on eServices.
  - To register, click on the class/classes you're looking for, and add them to your cart.
  - When ready to check out, click on the cart, make sure to read the terms and conditions of the Town (link in blue), and then check out with credit card or a Visa-debit card. American Express is NOT accepted.
- Payments must be made online at the time of registration
- Refunds/Credits
  - Refunds for programs and events will only be issued for medical reasons with proper documentation.
  - Refunds will be subject to a \$10 non-refundable administration fee
  - Refunds of the amount \$25.00 and less will be applied as a credit to an account holder.
  - Refunds in the amount of \$25.00 and above will be issued to the customer with proper medical documentation.
  - Requests for a refund/credit must be made in writing to staff no later than one week after the conclusion of the program/event. Requests given by phone requests will not be taken.
- Refunds or credits will not be issued for missed classes due to illness, weather, power outages, travel, personal commitments, or other unforeseen circumstances of the Town of Portugal Cove – St. Philip's.
- A credit to an account is valid for a period of one (1) calendar year from time of approval.
- Tickets for events are non-transferable. If you are unable to attend for any reason other than medical you can submit a request for credit.
  - In the case of an event with a waitlist, if staff are able to sell tickets to waitlisted participants a credit can be issued. If the event has no waitlist or cannot be sold the above refund guidelines apply for medical reasons only.
- Refunds will be processed with 30 business days.

# FALL PROGRAM COMMUNICATION INFORMATION

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## FITNESS TRY-IT SESSIONS!

- Dates:**
- **Pound:** September 14, 7:00-8:00 pm
  - **Monday Yoga:** September 15, 6:30-7:30 pm
  - **Wednesday Yoga:** September 17, 5:15-6:15pm
  - **Zumba:** September 17, 6:30-7:30pm
  - **Kickboxing:** September 25, 6:30-7:30pm

**Location:** Recreation Centre

**Ages:** 18+

**Cost:** Free

*Join us for some free fitness classes to kick-off our Fall Programming season. Whether you're an experienced pro or looking to try a class for the very first time, all skill levels are welcomed to join in on the action. Please note that pre-registration to each class is required by registering via eservices or by contacting Kirk – [kirk.combden@pcsp.ca](mailto:kirk.combden@pcsp.ca) or 1-709-895-8000 ext. 265.*

## YOGA (MONDAY)

**Dates:** September 22 - December 8 (No Session October 13)

**When:** Mondays

**Time:** 6:30 - 7:30 pm

**Location:** Recreation Centre

**Ages:** 18+

**Cost:** \$125.00

*Join Instructor Barbra Murphy for a 60-minute yoga class designed to unite your breath with your body offering a variety of poses accessible for all levels of yoga participants. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived in a slower pace, non-competitive and supportive environment. Participants must bring their own mat, block, and water bottle.*

## YOGA (WEDNESDAY)

**Dates:** September 24 - December 10 (No Sessions October 29 & November 5)

**When:** Wednesdays

**Time:** 5:15 - 6:15 pm

**Location:** Recreation Centre

**Ages:** 18+

**Cost:** \$95.00

*Join Instructor Barbra Murphy for a 60-minute yoga class designed to unite your breath with your body offering a variety of poses accessible for all levels of yoga participants. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived in a slower pace, non-competitive and supportive environment. Participants must bring their own mat, block, and water bottle.*

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## SIT & FIT

**Dates:** September 16 - December 16  
(No Sessions September 30, October 2, 7, 14, November 11 & December 2)  
**When:** Tuesdays & Thursdays  
**Time:** 11:00 am - 12:00 pm  
**Location:** Recreation Centre  
**Ages:** 50+  
**Cost:** \$47.50

*The Sit & Fit Program is designed especially for older adults and individuals seeking a gentle, low-impact way to stay active. This class focuses on simple movements that can be done from a seated position or with the support of a chair, making it accessible for all mobility levels.*

## ADULT FITNESS

**Dates:** September 16 - December 4  
(No Sessions September 25, 30, October 2, 7, 14, November 11 & December 2)  
**Additional/Make-up Dates:** Mondays: October 6 & November 10  
**When:** Tuesdays & Thursdays  
**Time:** 9:30 -10:30 am  
**Location:** Recreation Centre  
**Ages:** 50+  
**Cost:** \$50.00

*Join our Adult Fitness with Janet program for a fun, energizing way to stay active and healthy! This class offers a full-body workout with a mix of cardio, strength, balance, and flexibility exercises. Movements can be modified to suit all fitness levels, making it a great option whether you're just starting out or looking to keep up your routine. Led by Janet, an experienced and motivating instructor, each class provides a supportive and encouraging environment to help you reach your goals while enjoying the social benefits of group fitness.*

## PLAYGROUP

**Dates:** September 17 - December 10 (No Sessions October 1 & November 5)  
**When:** Wednesdays  
**Time:** 10:00 - 11:30 am  
**Location:** Recreation Centre  
**Ages:** 0-5 Years Old (parents/guardian required for all participants)  
**Cost:** \$25.00

*Join us for a morning of fun, activity & socializing as part of our Playgroup program. Throughout this program; participants and caregivers will have the opportunity to make new friends while using their imaginations & active play. Snacks will be provided.*

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## PICKLEBALL

**When:** Mondays, Tuesdays, & Wednesdays  
**Time:** 1:30 - 3:00 pm  
**Location:** Recreation Centre  
**Ages:** 18+  
**Cost:** \$2.50 per session

*Get in on the action of the fastest growing sport in North America. Pickleball is a fun and exciting racket sport that is inclusive to people of all skill levels and is great exercise while socializing with others. No previous experience is required and all necessary equipment will be provided.*

## PICKLE PRACTICE (NEW)

**Dates:** September 19 - November 28 (No session on October 24 & November 7)  
**When:** Fridays  
**Time:** 10:00 - 11:30 am  
**Location:** Recreation Centre  
**Ages:** 18+  
**Cost:** \$2.50 per/session

*Touch up on your game skills or work to execute brand new ones! During the program, small area games be set up to practice your various pickleball skills such as; dinking, volleying, footwork and much more. No previous experience is required and equipment will be provided.*

## TRAIL TREKKERS (NEW)

**Dates:** September 18 - October 23  
**When:** Thursdays  
**Time:** 3:00 pm  
**Location:** Voisey's Brook Park  
**Ages:** All Ages  
**Cost:** Free

*Get out and get active! Join us each week as we stroll through the trails of Voisey's Brook Park. Bring along a friend and make some new ones in this program that will focus on exercising while you socialize with others. There will be a group social with light refreshments served after the last walk of the fall season.*

## ZUMBA

**Dates:** September 24 - December 10 (No sessions on October 29 and November 5)  
**When:** Wednesdays  
**Time:** 6:30 - 7:30 pm  
**Location:** Recreation Centre  
**Ages:** 18+  
**Cost:** \$96.00

*Get moving, have fun, and feel the music with Zumba with Janet! This upbeat fitness class combines easy-to-follow dance moves with energetic music for a total-body workout that feels more like a party than exercise.*

*Perfect for all fitness levels, Zumba helps improve cardio, coordination, and flexibility — all while keeping you smiling and motivated. Janet's enthusiasm and supportive teaching style makes every class welcoming, fun, and full of energy. No dance experience needed - just bring your sneakers, water, and a positive attitude. Come join the dance-fitness fun and leave each class feeling energized and inspired*

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## KICKBOXING

**Dates:** October 9 - December 4 (No Sessions October 2 & 30)

**When:** Thursdays

**Time:** 6:30 - 7:30 pm

**Location:** Recreation Centre

**Ages:** All Ages

**Cost:** \$72.00

**Description:** Get ready to punch, kick, and sweat your way through this high-energy fitness class! Cardio Kickboxing combines martial arts-inspired moves with upbeat music for a fun, full-body workout. You'll improve strength, coordination, and endurance while burning calories and relieving stress. This class is non-contact and non-sparring—all movements are performed to the beat in a safe, supportive environment. Perfect for all fitness levels, no experience required.

## STORYTIME

**Dates:** September 11 - December 12

**When:** Friday Mornings

**Time:** 10:30am - 11:30am

**Location:** Portugal Cove-St. Philip's Library

**Ages:** 0 - 4

**Cost:** Free

*Join Mike for a fun and interactive morning designed for children ages 0–4 and their caregivers. Together, we'll enjoy stories, songs, and rhymes that spark imagination and encourage early literacy skills. Storytime is a wonderful opportunity for little ones to develop a love of reading while also building social connections in a welcoming, playful environment. Caregivers are encouraged to join in and share the fun! Bring your child, get cozy, and start the weekend with laughter, learning, and stories with Mike.*

## PCSP LIONS CLUB 'FRIENDS IN MUSIC'

**Session Dates:** Starting on Sunday September 28, and will run twice a month\*

**When:** Sunday evenings

**Time:** 5:00pm to 6:30pm

**Location:** Recreation Centre

**Ages:** 12+

**Cost:** Free

*Bring your favourite instrument and sit in the audience and play/sing along with our lead performers. Chords and lyrics will be displayed on the wall. No instrument? No problem! Just come and listen to our wonderful local talent. And if you know somebody who doesn't get out much, bring them along!*

**\*Follow the social media page for all updates:** <https://www.facebook.com/groups/3184846355128213>



**Library  
Hours**

**September 9 - December 11, 2025**

**Tuesday: 9:00am to 12:00pm, 2:00pm to 4:30pm**

**Wednesday: 3:30pm to 7:00pm**

**Thursday: 9:00am to 11:00am, 4:30pm to 5:30pm**

Please note: The hours above reflect times when the library is open for public use. The library is also open at select times for programs and events by registration only.



# Portugal Cove St. Philip's

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