

# WINTER FITNESS CLASSES 2023

Time	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	GF	Yoga	Cage	GF	Yoga	Cage	GF	Yoga	Cage	GF	Yoga	Cage	GF	Yoga	Cage	GF	Yoga	Cage	GF	Yoga	Cage
6:00						Fit Happens 55 Cage 1 Shelbi	Bed Head Bootcamp 45 Group Fitness Faye						Cycle 45 Group Fitness Faye								
8:15							BARRE 55 Group Fitness Denise			Active Mobility 45 Group Fitness Makena						Pilates 55 Yoga Room Denise			Cycle 45 Group Fitness Denise		
9:15	Cycle 45 Group Fitness Carlee			Cycle 45 Group Fitness Brett		Cardio Kickboxing Bootcamp 60 Cage 2 Stuart	Cycle 45 Group Fitness Asia		Cardio CrushCamp 60 Cage 1 J-me	Full Force 55 Group Fitness Marina	Power Flow 60 9am Yoga Room Lindsey		Super Sweat Down Bootcamp 45 Group Fitness Rachel		SuperStong SuperSet 60 Cage 1 J-me	TRX 55 Group Fitness Gord	Barre Express 45 Yoga Room Brett		HIIT Lean Fit 55 Group Fitness Denise		
10:30		Restorative Yoga 75 Yoga Room Kate			Hatha Flow 75 Yoga Room Kate		FunFitFab 60 Group Fitness Gord	Rope Yoga 75 Yoga Room Darcia			All Levels Yoga 75 Yoga Room Darcia		FunFitFab 60 Group Fitness Gord	Hatha Flow 75 Yoga Room Kate			Dynamic Flow 75 Yoga Room Kate		Moderate Flow 75 Yoga Room Shri	SaturSLAYS 75 Cage 1 J-me	
12:10				Hells Bells KettleBell Conditioning 50 Group Fitness Room J-me	Find Your Flow (345-5pm) 75 Yoga Room Pamela		Max Burn 40 Group Fitness Room Gord					BEAST Mode Bootcamp 50 Cage 2 Michelle	Max Burn 40 Group Fitness Room Asia					BEAST Mode Bootcamp 50 Cage 2 Michelle			
5:15					All Levels Yoga 75 Yoga Room Darcia			Find Your Flow (345-5pm) 75 Yoga Room Pamela	Power Hour 55 Cage 1 Gord			All Levels Yoga 75 Yoga Room Darcia				Cycle 45 Group Fitness Carlee		K08 Bootcamp 55 5pm Cage 1 Gord			
5:30				Super Sweat Down Bootcamp 45 Group Fitness Rachel			Met-Con Mash-Up 60 Group Fitness Room J-me			Pilates 55 Group Fitness Room Brittany		LYFT Club 60 Cage 1 J-me	Cycle 45 Group Fitness Asia		Fit Happens 55 Cage 1 Shelbi						
7:00					Yin Yoga 75 Yoga Room Shri							Yin Yoga 75 Yoga Room Kate			Restorative Yoga 75 Yoga Room Shri						

\*\*Please note: Classes are subject to change without notice and may be cancelled if there is low enrollment. Please enroll for your classes ahead of time!\*\*

FITNESS

CYCLE

YOGA