

Fit Fitness Into Your Busy Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:15 AM	6-7 Yoga	6-7 Sm Grp Training	6-7 Yoga	6-7 TRX	6-7 Yoga		
6:30 AM			6-7 Sm Grp Training		6-7 Sm Grp Training		
6:45 AM					6-7 Cycle		
7:00 AM							
7:15 AM							
7:30 AM	7:30-8:30 Group Power	7:30-8:30 Aerial Yoga (registration required)	7:30-8:30 Group Strength	7:30-8:30 Aerial Yoga (registration required)	7:30-8:30 Group Power	7:30-8:30 Group Strength	7:30-8:30 Cycle
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	9-10 Cycle	9-10 Zumba	9-10 Sm Grp Training	9-10 Group Strength for Women	9-10 Sm Grp Training	9-10 Pound	9-10 Cycle
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM	10:15-11:15 Power Flow Yoga	10:15-11:15 Group Strength	10:15-11:15 Group Strength	10:15-11:15 Yoga	10:15-11:15 Zumba GOLD	10:30-11:30 Small Group Training	10:30-11:30 Zumba
10:30 AM	10:30-11:30 Sm Grp Training	10:30-11:30 Sm Grp Training	10:30-11:30 Sm Grp Training	10:30-11:30 Sm Grp Training			
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM	11:30-12:30 Zumba Gold	11:30-12:30 Fit for Life	11:30-12:30 Zumba Gold	11:30-12:30 Fit for Life			
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM	1:00-2:00 Yoga	1:00-2:00 Group Strength 50+	1:00-2:00 Chair Yoga	1:00-2:00 Group Strength 50+	1:00-2:00 Chair Yoga		
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM	2:15-3:00 TRX 50+	2:15-3:15 Meditative Yoga	2:15-3:00 TRX 50+	2:15-3:15 Meditative Yoga			
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM	3:15-4:15 Intro Yoga	3:30-4:15 Stretch & Relax	3:15-4:15 Intro Yoga	3:30-4:15 Bhangra	3:15-4:15 Gentle Yoga		
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM	5:30-6:30 Cycle	5:30-6:30 Group Strength	5:30-6:30 Core	5:30-6:30 Group Strength	5:30-6:30 Cycle	5:15-6:30 Yoga	
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM	6:45-7:45 Yoga	6:45-7:45 Group Power	6:45-7:45 Zumba	6:45-7:45 Zumba			
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM		8-9 Yoga	8-9 Yoga				
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							

Spring 2019 June 2 - 28

Facility Hours
 Monday-Friday: 5:30 am-9:30 pm
 Saturday: 6:00 am-8:00 pm
 Sunday: 8:00 am- 8:00 pm

Classes are subject to change with little or no notice.

Child Minding Hours
Monday - Friday
 8:30am-1:00pm
Saturday & Sunday
 8:30am-12:00pm
Monday & Wednesday
 5:00-7:00pm

Please note Child Minding will be closed on statutory holidays

Last Updated 2019-05-30

Aquatic Fitness Drop-In Classes

Time	MON	TUES	WED	THURS	FRI	SAT
7:35-8:30am						Intro Aqua
9:05-10:00am	Deep Aqua	Gentle Aqua	Shallow Aqua	Deep Aqua	Gentle Aqua	Shallow Aqua
10:05-11:00am			Intro Aqua wave pool		Intro Aqua wave pool	
EVENING CLASSES						
7:05-8:00pm	Deep Aqua	Shallow Aqua		Shallow Aqua		

Members can sign up for all classes using our online registration system. Please see our Fitness Desk , go to our web page or call us at 250-764-4040 ext. 426 if you have any questions.

Family Friendly Classes ages 10+; 10-11 yr olds must be accompanied by someone 16 yrs or older and complete an orientation prior to attending classes.