

Fit Fitness Into Your Busy Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6:00 AM								6:00 AM
6:15 AM								6:15 AM
6:30 AM	6-7 Yoga	6-7 Sm Grp Training	6-7 Sm Grp Training	6-7 TRX Combo	6-7 Sm Grp Training			6:30 AM
6:45 AM					6-7 Cycle (starting Sep 13)			6:45 AM
7:00 AM								7:00 AM
7:15 AM								7:15 AM
7:30 AM								7:30 AM
7:45 AM	7:30-8:30 Group Power		7:30-8:30 Group Power	7:30-8:30 Group Strength		7:30-8:30 Group Strength		7:45 AM
8:00 AM								8:00 AM
8:15 AM								8:15 AM
8:30 AM							8:15-9:15 Yoga	8:15 AM
8:45 AM							8:15-9:15am Sm Grp Training	8:30 AM
9:00 AM								9:00 AM
9:15 AM	9-10 Cycle	9-10 Zumba	9-10 Sm Grp Training	9-10 Group Power	9-10 Sm Grp Training	9-10 Cycle		9:15 AM
9:30 AM								9:30 AM
9:45 AM								9:45 AM
10:00 AM							9:30-10:30 Core	10:00 AM
10:15 AM							9:30-10:30 Stretch & Roll	10:15 AM
10:30 AM	10:15-11:15 Power Flow Yoga	10:30-11:30 Sm Grp Training	10:15-11:15 Group Strength	10:30-11:30 Sm Grp Training	10:15-11:15 Group Strength	10:30-11:30 Sm Grp Training		10:30 AM
10:45 AM								10:45 AM
11:00 AM								11:00 AM
11:15 AM								11:15 AM
11:30 AM								11:30 AM
11:45 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								12:00 PM
12:15 PM								12:15 PM
12:30 PM								12:30 PM
12:45 PM								12:45 PM
1:00 PM								1:00 PM
1:15 PM	1:00-2:00 Yoga	1:00-2:00 Chair 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								1:30 PM
1:45 PM								1:45 PM
2:00 PM								2:00 PM
2:15 PM								2:15 PM
2:30 PM	2:15-3:00 TRX Combo 50+	2:15-3:15 Meditative Yoga	2:15-3:00 TRX Combo 50+	2:15-3:15 Meditative Yoga				2:30 PM
2:45 PM								2:45 PM
3:00 PM								3:00 PM
3:15 PM								3:15 PM
3:30 PM	3:15-4:15 Intro Yoga	3:30-4:15 Stretch & Relax (starting Sep 10)	3:15-4:15 Intro Yoga			3:15-4:15 Gentle Yoga		3:30 PM
3:45 PM								3:45 PM
4:00 PM								4:00 PM
4:15 PM								4:15 PM
4:30 PM								4:30 PM
4:45 PM								4:45 PM
5:00 PM								5:00 PM
5:15 PM								5:15 PM
5:30 PM								5:30 PM
5:45 PM								5:45 PM
6:00 PM	5:45 - 6:45 Cycle	5:30 - 6:30 Group Strength	5:30-6:30 Core	5:30-6:30 Group Strength	6:00 -7:30 Tri Club Cycling Special Membership	5:30-6:30 Cycle		6:00 PM
6:15 PM								6:15 PM
6:30 PM								6:30 PM
6:45 PM								6:45 PM
7:00 PM	6:45-7:45 Yoga	6:45-7:45 Group Power (starting Sep 10)	6:45-7:45 Zumba	6:45-7:45 Zumba (starting Sep 12)				7:00 PM
7:15 PM								7:15 PM
7:30 PM								7:30 PM
7:45 PM								7:45 PM
8:00 PM								8:00 PM
8:15 PM								8:15 PM
8:30 PM								8:30 PM
8:45 PM								8:45 PM
9:00 PM								9:00 PM
9:15 PM								9:15 PM

Fall 2019 Sep 1 - 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 29/08/2019

Aquatic Fitness Drop-In Classes									
Time	MON	TUES	WED	THURS	FRI	SAT			
7:35-8:30am	ANNUAL POOL SHUTDOWN - Leisure Pool Sep 3-15 See Aqua Fitness Shutdown Schedule					Intro Aqua (starting Sep 21)			
9:05-10:00am	Deep Aqua	Gentle Aqua (starting Sep 16)	Shallow Aqua	Deep Aqua	Gentle Aqua (starting Sep 18)	Shallow Aqua			
10:05-11:00am			Intro Aqua wave pool (starting Sep 17)		Deep Aqua	Intro Aqua wave pool (Sep 19)			
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.