

Fit Fitness Into Your Busy Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							<p>Please arrive 5 minutes prior to class start time. When class starts there will be no entry into the class</p> <p>8:15-9:15 Yoga</p> <p>9:30-10:30 Core</p> <p>9:30-10:30 Stretch & Roll</p> <p>10:45-11:45 Group Strength</p> <p>Facility opens at 8:00am</p>
6:15 AM	6-7 Yoga	6-7 Sm Grp Training	6-7 Yoga	6-7 TRX	6-7 Sm Grp Training		
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM	7:30-8:30 Group Power		7:30-8:30 Group Strength		7:30-8:30 Group Power	7:30-8:30 Group Strength	
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 Power	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							
10:30 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 Zumba GOLD	10:30-11:30 Small Group 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 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							
1:45 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							
3:30 PM	3:15-4:15 Intro Yoga		3:15-4:15 Intro Yoga		3:15-4:15 Gentle Yoga		
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	5:00-7:15 Tri Club Cycling Special Membership Required	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	5:30-6:30 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							

Winter 2019 Jan 13 - Feb 2

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

January 12 - 6:00 a.m.-5:00 p.m.

Last Updated 04/01/2019

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	Deep Aqua	
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 ask Fitness Staff, see 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.