






FITNESS SCHEDULE

WINTER FITNESS CLASS SCHEDULE

JANUARY 6 - APRIL 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Heart Health  7:30 am - 8:45 am	Step 'n Strength 7:30 am - 8:45 am	Heart Health  7:30 am - 8:45 am	Step 'n Strength 7:30 am - 8:45 am	Heart Health  7:30 am - 8:45 am	<p>All classes start the week of January 6, unless otherwise stated.</p> <p>No classes on statutory holidays, Feb 17 & Apr 13.</p> <p>Closed Apr 10.</p>
Circuit 8:30 am - 9:30 am	Power Walking 7:45 am - 8:45 am	Circuit 8:30 am - 9:30 am	Power Walking 7:45 am - 8:45 am		
Keep Fit 8:50 am - 9:50 am	No Sweat! 9:00 am - 10:00 am	Keep Fit 8:50 am - 9:50 am	No Sweat! 9:00 am - 10:00 am	Keep Fit 8:50 am - 9:50 am	
Morning Yoga 9:00 am - 10:15 am	Tai Chi 9:00 am - 10:00 am	Morning Yoga 9:00 am - 10:15 am	NIA 9:00 am - 10:00 am	Morning Yoga 9:00 am - 10:15 am	
Get Fit 10:00 am - 11:00 am	Zumba® Gold 10:15 am - 11:15 am	Get Fit 10:00 am - 11:00 am	Zumba® Gold 10:15 am - 11:15 am	Get Fit 10:00 am - 11:00 am	
Gentler Yoga 10:30 am - 11:30 am	Movers & Shakers 12:00 pm - 1:00 pm	Gentler Yoga 10:30 am - 11:30 am	Movers & Shakers 12:00 pm - 1:00 pm	Gentler Yoga 10:30 am - 11:30 am	
	ActivAge Option 1 1:00 pm - 2:00 pm	\$2 Weight Room Drop-in 1:00 pm - 3:00 pm	ActivAge Option 2 1:00 pm - 2:00 pm		
			Minds in Motion® 2:00 pm - 3:45 pm		
No Sweat! 6:15 pm - 7:15 pm	Yoga Flow 5:30 pm - 6:30 pm	No Sweat! 6:15 pm - 7:15 pm			\$2 Weight Room Drop-in 3:00 pm - 5:00 pm
Pound® 7:30 pm - 8:15 pm	Yin Yoga 6:45 pm - 7:45 pm	Stretch 7:30 pm - 8:15 pm	Restore Yoga 6:45 pm - 7:45 pm	World of Dance 6:45 pm - 8:00 pm	

 Pre-registered program  Specialty Fitness Class. Access with 1, 3, 6, or 12 month pass, 10/20 pass or \$8 drop-in fee.

See pages 13 & 14 for program descriptions and dates.

All fitness classes are included with a 1, 3, 6 or 12 month pass or can be accessed with 10/20 pass or by paying a regular drop in fee unless stated otherwise.

Admission is granted on a first come, first serve basis until maximum capacity is reached.

This schedule is subject to change based on the instructor and space availability.

No membership refunds will be granted due to schedule changes.

OUR RECREATION MEMBERSHIPS...

- Are affordable and family friendly;
- Provide unlimited access to a variety of drop-in activities at the CRCC and Ferny Coombe Pool (seasonal May - August);
- Include drop-in fitness classes led by certified Fitness Instructors;
- Offer complimentary admissions with 3, 6 and 12 month membership purchases.

