

# FITNESS SCHEDULE

## WINTER FITNESS CLASS SCHEDULE

FEBRUARY 27 – APRIL 28, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	No Sweat 8:00 am – 9:00 am		No Sweat 8:00 am – 9:00 am		See Pages 5 & 6 for program descriptions and dates.  All classes start the week of January 2, unless otherwise stated.  No classes on statutory holidays, February 20, April 7 & 10.
Chair Yoga 8:45 am - 9:45 am	Circuit 9:30 am - 10:30 am	Chair Yoga 8:45 am - 9:45 am	Circuit 9:30 am - 10:30 am	Gentle Yoga 8:30 am - 9:30 am	
Keep Fit 8:45 am - 9:45 am	Dance Fit 10:45 am - 11:30 am	Keep Fit 8:45 am - 9:45 am	Dance Fit 10:45 am - 11:30 am	Keep Fit 8:45 am - 9:45 am	
Rise & Shine Yoga 10:00 am - 11:30 am		Rise & Shine Yoga 10:00 am - 11:30 am		Strength & Stretch 9:45 am - 10:30 am	
Heart Health 10:00 am - 11:15 am		Heart Health 10:00 am - 11:15 am		Get Fit 10:15 am - 11:15 am	
Get Fit 10:15 am - 11:00 am		Get Fit 10:15 am - 11:00 am			
No Sweat 6:00 pm – 7:00 pm	Flow Yoga 5:30 pm – 6:30 pm	No Sweat 6:00 pm – 7:00 pm	Flow Yoga 5:30 pm – 6:30 pm		
	Yin Yoga 6:45 pm - 7:45 pm		Restorative Yoga 6:45 pm - 7:45 pm		

Registered program. Access with 1, 3, 6, or 12 month pass, 10/20 pass or \$8 drop-in fee.

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. This schedule is subject to change based on the instructor and space availability. No membership refunds will be granted due to schedule changes.

## JOIN IN ON OUR THEMED WORKOUT DAYS



**JAN**  
**26**

### MENTAL HEALTH AWARENESS DAY

Wear **blue** to promote mental health awareness



**FEB**  
**22**

### ANTI-BULLYING DAY

Wear your **pink** proudly on anti-bullying day



**17**

### ST. PATRICK'S DAY

Make sure to wear your lucky **green** work out gear



### CANCER AWARENESS

Pick up a **yellow** ribbon at the front desk to show your support

