



## **WINTER 2019 FITNESS & YOGA SCHEDULE**

**Classes run January 14 - April 13**

***No Classes February 16 - 23***

### **MONDAY**

5:45 AM	URBAN TRAINING	JANELLE	PE 157
6:00 AM	CYCLE/WEIGHT COMBO**	SHEILA	PE 110
8:00 AM	FITBALL FOR ACTIVE BOOMERS	SHEILA	GYM
9:00 AM	STRENGTH & CORE FOR BOOMERS	SHEILA	PE 110
10:00 AM	FITMOM STROLLER BOOT CAMP	SHEILA	TRACK
12:00 PM	GENTLE HATHA YOGA	KYLA	PE 255
12:05 PM	STRENGTH & CONDITIONING**	SHEILA	PE 157
12:05 PM	HIGH FITNESS	KATHLEEN	PE 110
5:00 PM	SCULPT	JEANNIE	PE 110
5:00 PM	CYCLE	HEIDI	TRACK
6:00 PM	YIN YOGA	KYLA	PE 255

### **TUESDAY**

5:45 AM	TRX EVOLUTION	JANELLE	PE 110
6:00 AM	SUNRISE SALUTATIONS**	SHILO	PE255
9:00 AM	WALKING TO WELLNESS	AHS	TRACK
9:15 AM	YOGA FOR ACTIVE BOOMERS	SUSAN	PE 255
1:30 PM	FITMOM TRX	SHEILA	PE 110
12:05 PM	TRX H.I.I.T.**	JEANNIE	PE 110
12:05 PM	BARRE	SHEILA	PE 152
12:15 PM	ALIGNMENT IN MOTION YOGA	SUSAN	PE 255
5:00 PM	ZUMBA	JENN/GAB	PE 110
5:00 PM	CARDIO KICKBOX	SHEILA	PE 152
5:15 PM	ALIGNMENT IN MOTION YOGA	SUSAN	PE 255
6:00 PM	BARRE	SHEILA	PE 152
6:45 PM	POWER VINAYASA (Starts Feb. 26)	DOROTHEA	PE 255

### **WEDNESDAY**

5:45 AM	URBAN TRAINING	JANELLE	PE 110
6:00 AM	MUSCLE UP**	SHEILA	PE152
8:00 AM	FITBALL FOR ACTIVE BOOMERS	SHEILA	GYM
9:00 AM	STRENGTH & CORE FOR BOOMERS	SHEILA	PE 110
10:00 AM	FITMOM BARRE	SHEILA	PE 110
12:00 PM	THERAPEUTIC YOGA	SUSAN	PE 255
12:00 PM	AERIAL YOGA	KYLA	PE 110
12:05 PM	MUSCLE UP**	SHEILA	PE 152
5:00 PM	CYCLE	HEIDI	TRACK
5:15 PM	ZUMBA KIDS	JENN/GAB	PE 110
5:15 PM	YANG YIN YOGA	KYLA	PE 255
6:00 PM	CORE & STRETCH	SHEILA	PE 152
7:00 PM	CORE DE FORCE	CHRISTI	PE 152

### **THURSDAY**

6:00 AM	CYCLE**	JANELLE	TRACK
9:15 AM	YOGA FOR ACTIVE BOOMERS	SUSAN	PE 255
10:00 AM	SALSA BABIES	JOANNA	PE 152
12:05 PM	ZUMBA EXPRESS**	JEANNIE	PE 152
12:05 PM	SCULPT	SHEILA	PE 110
12:15 PM	ALIGNMENT IN MOTION YOGA	SUSAN	PE 255
1:30 PM	FITMOM STROLLER BOOT CAMP	SHEILA	TRACK
5:00 PM	SCULPT	SHEILA	PE 152
5:00 PM	STRONG BY ZUMBA	MICHELE	PE 110
5:15 PM	BEGINNER YOGA	DARCY	PE 255
6:00 PM	BOOTY BLASTER	SHEILA	PE 152
6:30 PM	AERIAL YOGA	KYLA	PE 110
7:00 PM	H.I.I.T.	SHEILA	PE 152
7:45 PM	AERIAL YOGA	KYLA	PE 110

### **FRIDAY**

5:45 AM	URBAN TRAINING	JANELLE	PE 157
6:00 AM	SUNRISE ZUMBA**	MICHELE	PE 152
8:00 AM	FITBALL FOR ACTIVE BOOMERS	SHEILA	GYM
10:00 AM	FITMOM STRENGTH & CORE	SHEILA	PE 110
12:05 PM	CYCLE**	SHEILA	PE 110
12:05 PM	YOGA**	TBA	PE 255

### **SATURDAY**

8:30 AM	STRENGTH & CONDITIONING	SHEILA	PE 157
10:15 AM	SALSA TOTS	JOANNA	PE 152

**During the week of January 7 - 12 we are offering  
FREE classes!!  
(see schedule on back)**

**Bring a friend to one of our FREE classes and you  
will be entered for ONE WestJet flight anywhere in  
Canada!!**

**If your friend signs up for a Fitness/Yoga class, you  
will both be entered twice!!**

# FREE CLASSES January 7 - 12



During the week of January 7 - 12  
we are offering FREE classes!!

Bring a friend to one of our FREE classes and you  
will be entered TO WIN  
*ONE WestJet flight*  
anywhere in Canada!!

If your friend signs up for a Fitness/Yoga class, you  
will both be entered twice!!

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## TUESDAY

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1:30 PM	FITMOM TRX	SHEILA	PE 110
12:05 PM	BARRE	SHEILA	PE 152
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12:05 PM	SCULPT	SHEILA	PE 110
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## FRIDAY

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10:00 AM	FITMOM STRENGTH & CORE	SHEILA	PE 110

## SATURDAY

8:30 AM	STRENGTH & CONDITIONING	SHEILA	PE 157
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