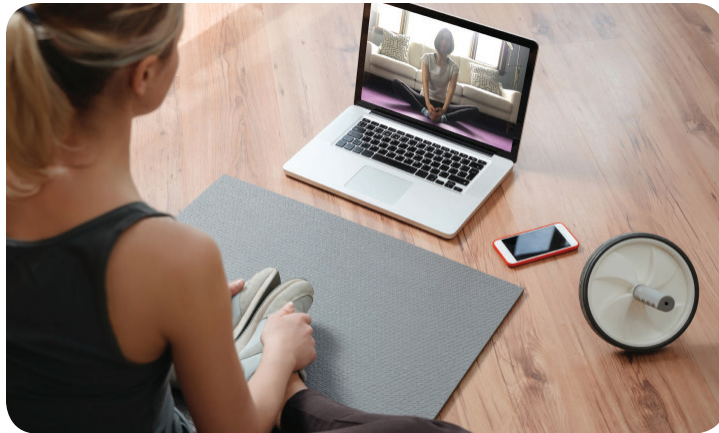


Virtual Fitness Programs Special Edition Winter Registered Session: Feb 16 - Apr 1

Monday	Tuesday	Wednesday	Thursday	Friday
				Rock Bottom 9 – 9:45 a.m.
		Gentle Flow 1 – 1:45 p.m.		Zumba Gold 1 – 1:45 p.m.
H.I.I.T. It! 5 – 5:45 p.m.		Fitness at the Barre 6 - 6:45 p.m.		



Virtual Fitness Programs

General Information

Session Dates: Special Edition Winter Registered Session: February 16 - April 1 (7 weeks)

Note: registered programs do not run on Statutory holidays or long weekends. Late registration will be pro-rated.

Deadline for session registration is February 26. Remember to register early to avoid disappointment. All registered programs are subject to cancellation if there is insufficient registration. Participants will be notified prior to class starting.



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Fitness at the Barre 7 weeks

This total body strength class that is low on impact but high on muscle recruitment! This challenging sculpting class will build strength and flexibility in a new way! No dance background needed.

Date	Day	Time	Cost	Code
Feb 17 - Mar 31	Wed	6 - 6:45 p.m.	\$56	10636

Note: This is a virtual fitness class that will take place via Zoom. Participants will receive details on how to access Zoom link for classes after registration.

Gentle Flow 7 weeks

A class that is designed for a gentler paced practice. Begin with gentle breath work to a mindful flow. At times, infused with the flow of the class will be some self massage with balls and diagnostic posturing. This class balances the mind, soothes the heart and refreshes your energy.

Date	Day	Time	Cost	Code
Feb 17 - Mar 31	Wed	1 - 1:45 p.m.	\$56	10643

Note: This is a virtual fitness class that will take place via Zoom. Participants will receive details on how to access Zoom link for classes after registration.

H.I.I.T. It! 6 weeks

Increase your strength and conditioning in this Tabata class. Various forms of high intensity interval training with diverse exercises is what this quick class is all about.

Date	Day	Time	Cost	Code
Feb 22 - Mar 29	Mon	5 - 5:45 p.m.	\$48	10642

Note: This is a virtual fitness class that will take place via Zoom. Participants will receive details on how to access Zoom link for classes after registration.

Rock Bottom 6 weeks

Lower body power starts with the glutes. Whether you're looking to have better athletic performance or work on your rear view, this class will help you achieve your 'rock bottom'.

Date	Day	Time	Cost	Code
Feb 19 - Mar 26	Fri	9 - 9:45 a.m.	\$48	10644

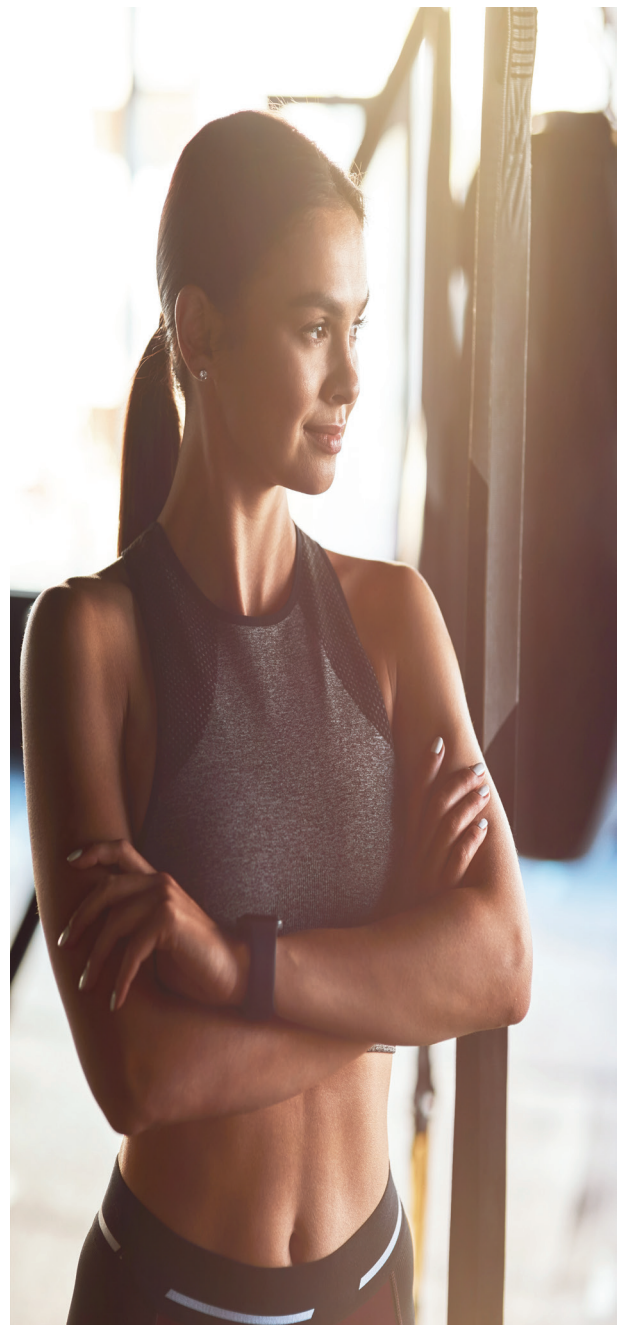
Note: This is a virtual fitness class that will take place via Zoom. Participants will receive details on how to access Zoom link for classes after registration.

Zumba Gold 6 weeks

This gentle dance class that is exercise in disguise. Easy to follow moves in fun form designed for those requiring a lower intensity than our regular Zumba class.

Date	Day	Time	Cost	Code
Feb 19 - Mar 26	Fri	1 - 1:45 p.m.	\$48	10645

Note: This is a virtual fitness class that will take place via Zoom. Participants will receive details on how to access Zoom link for classes after registration.



The facility will continue to monitor and adhere to any restrictions that are put in place by Alberta Health Services. As a result, facility usage and guidelines will change accordingly. We must work together to protect each other.

Thank you for being safe, kind and patient. We're in this together. We'll get through it together.