

WINTER 2018

# REGISTERED PROGRAMS



**SESSIONS - 5 WEEKS:** Jan. 8 – Feb. 11 **6 WEEKS:** Feb 12 – Mar. 25 | **11 WEEKS:** Jan. 8 – Mar. 23

No classes Feb. 17 – 19; Mar. 30 – April 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Bootcamp 6 – 7 a.m. Crossfire/Track <i>Jackie</i></p>		<p>Sun Salutations 5:45 – 6:30 a.m. <i>Trudi</i> (Feb 15 – Mar 21)</p> <p>Bootcamp 6 – 7 a.m. Crossfire/Track <i>Jackie</i></p>		<p>Bootcamp 6 – 7 a.m. Crossfire/Track <i>Jackie</i></p>		
	<p>Fired Up 9 – 10 a.m. Crossfire/Track <i>Jackie</i></p>	<p>Fitness at the Barre 9 – 10 a.m. ATB Studio <i>Janelle</i></p> <p>Lift. Rest. Repeat 9 – 10 a.m. Crossfire <i>Jackie</i></p>	<p>Fired Up 9 – 10 a.m. Crossfire/Track <i>Jackie</i></p>			<p>Guns &amp; Glutes 9 – 10 a.m. Crossfire/ Track <i>Noelle</i> (Feb. 25 – Mar 25)</p>
		<p>Stroller - Fit 10:15 – 11 a.m. Group Training Zone <i>Andrea</i></p>	<p>Yoga for the Health of it 11:45 – 12:30 p.m. Civic Centre <i>Trudi</i></p>			
<p>Bootcamp 6 – 7 p.m. Court C <i>Janelle</i></p>	<p>Tuesday Titans 6:00 – 7:00 p.m. Crossfire <i>Jackie</i></p>	<p>Bootcamp 6 – 7 p.m. Group Training Zone <i>Janelle</i></p>				<p>Akhanda Yoga 6 – 7:15 p.m. Rotary Room <i>Trudi</i> (Feb 25 – Mar 25)</p>
<p>Indoor Cycling &amp; Yoga 6:30 – 7:30 p.m. Cycle Zn/Rotary Rm <i>Lorena</i></p>						
<p>Fitness at the Barre 7:30 – 8:30 p.m. ATB Studio <i>Janelle</i></p>		<p>Fitness at the Barre 7:30 – 8:30 p.m. ATB Studio <i>Janelle</i></p>		<p>See other side for drop-in classes</p>		