

Group Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15	Cycle 60 Lori	Core Condition Hertha	Cardio Workout Linda	Spin/Sculpt Beulah	Total Body Condition Linda	Core Yoga Katarina (75 min)	
10:30	Cardio Workout Linda	Pilates Mat Intermed/Advanced Lori	NEW Easy Rider 30 min Linda	Flow Yoga Linda	NEW Easy Rider 30 min Sherri	NEW 10:40 Start ***ZUMBA Nathalie	
11:30		Gentle Yoga Romni					
5:00	Cycle 45 Shelby	Spin/Sculpt Bristol	Cycle 60 Shelby	Spin/Sculpt Kristin	<p>Lose 2-6 lbs a week GUARANTEED on our 'SMART' Weight Loss Program.</p> <ul style="list-style-type: none"> ✓ 1 on 1 personal training ✓ Easy to follow food plan ✓ Weekly weigh-in & measure <p>Book your FREE Consultation Today!</p> <p>Tel: (604) 531-2484</p>		
6:15	Gentle Yoga (75 min) Jody	*6:05 Start ***ZUMBA Nathalie	Core Yoga Katarina	Pilates Mat (all levels) Bristol			
7:15		***ZUMBA Nathalie					

Pilates Reformer Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Level 1 Hertha	9:30 Level 3 Sherri	9:30 Osteo Hertha	9:30 Level 3 Sherri	9:30 Level 2/3 Sherri	
10:30 Intro Hertha	10:30 Level 2/3 Shelby	10:30 Intro Hertha	10:30 Level 2 Shelby	10:30 Level 1/2 Shelby	10:30 Intro Sherri
				11:30 Seniors/TM Shelby	
		4:00 Level 2 Sherri	1:30 Level 2 Linda		
5:15 Level 3 Sherri	5:00 Level 2 Barb	5:15 Level 3 Sherri	5:00 Level 1 Hertha		
6:15 Intro Sherri	6:00 Level 1/2 Hertha	6:15 Level 2/3 Shelby	6:00 Hertha Intro		
	7:00 Intro Hertha				

Reformer training is a great addition to any fitness regime and is suitable for all ages and fitness levels. Pilates Reformer classes are recognized by health practitioners and are proven effective for those with back pain & other general pains. Training on the Reformer will create longer, stronger & leaner muscles while improving posture, balance & core strength.