

Group Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15			NEW Cycle 45 Lindsay				
9:15	Cycle 60 Lori	Core Condition Hertha	Workout (75 min) Linda	Spin/Sculpt Beulah	Total Body Condition Linda	Peddle & Pose (75min.) Bristol	
10:30	Cardio Workout Linda	Pilates Mat Intermed/ Advanced Lori		Flow Yoga Linda			
11:30		Gentle Yoga Romni					
4:00	Intro Pilates Mat Sherri			4:30 Spin/Sculpt Sherri	<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>		
5:00	Cycle 45 Kristin	Spin/Sculpt Sherri	Cycle 60 Shelby				
6:15	Gentle Yoga (75 min) Jody	*6:05 Start ***ZUMBA Nathalie	Flow Yoga Brjsttol	Pilates Mat All Levels Bristol			
7:30	Easy Rider Shelby						

Pilates Reformer Classes

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

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.