

MON	TUE	WED	THU	FRI	SAT	SUN
6:00 - 7:00 Beginner Pilates (MP 2)	★ 6:00 - 7:00 Early Morning Spin & / or 6:30 - 7:00 ★ TRX BC Express	6:00 - 7:00 Fit Flow Yoga	★ 6:00 - 7:00 Early Morning Spin & / or 6:30 - 7:00 BC Express	6:00 - 7:00 Pilates on the Ball	★ 8:10- 8:45 Beginner TRX™ Blast	
6:00 - 7:00 Hatha Yoga		6:30 - 7:30 Kinesis Bootcamp		6:30 - 7:30 Kinesis Bootcamp		
	7:45 - 8:45 TRX™ Suspension Training (Inter/Adv)	★ 8:10 - 9:00 Tone & Fit	7:45 - 8:45 TRX™ Suspension Training (Inter/Adv)	★ 7:40 - 8:45 Spin + TRX	8:30 - 9:30 AM Spin	8:15 - 9:15 Fit Flow Yoga
9:00 - 10:00 AM Spin	9:00 - 10:00 Beginner Weights	9:00 - 10:00 AM Spin	9:00 - 10:00 AM Spin	9:00 - 10:00 Zumba®	9:00 - 10:00 Zumba®	9:30 - 10:30 Core + Glutes
★ 9:00 - 10:00 Zumba®	★	★ 9:00 - 10:00 Zumba®	9:00 - 9:45 Zumba GOLD®	★	★	
9:10 - 10:00 Tone & Fit			★ 10:05 - 11:05 Strength, Sculpt & Core	★ 9:10 - 10:00 Tone & Fit		12:00 -12:45 Beginner's Step
★						
10:15 - 11:15 Yoga Power Flow	10:15 - 11:15 Smart Fit (55+)	10:15 -11:15 Balls, Bands & Bosu		10:15 -11:15 Women's Weights	10:30 - 11:40 Spin + TRX	12:50 -1:35 Beginner's Strength & Core
					★	
10:30 - 11:15 AM Beginner Spin	10:30 - 11:15 AM Beginner Spin		10:30 - 11:15 AM Beginner Spin	10:30 - 11:15 AM Beginner Spin		2:00 -3:00 Zumba Toning®
						★
11:30 - 12:15 Zumba GOLD®		11:30 - 12:05 TRX™ Beginner Blast	11:10 - 11:45 TRX™ Beginner Blast	11:30 - 12:05 TRX™ Beginner Blast	Please show respect for the instructor and participants by ensuring you are on time for class or you will not be allowed to participate.	
		★	★	★		
12:30 - 1:30 Beginner Yoga	12:00 - 1:00 H2O Bootcamp	12:15 - 1:00 Beginner Step	12:00 - 1:00 Fit Flow Yoga	12:15 - 1:15 50, Fit, & Fabulous		
1:45 - 2:30 ★ Boomer & Beyond 55+ Beginner TRX® (Jan 2 - Feb13)	1:15 - 2:00 Zumba GOLD Toning®	1:45 - 2:30 ★ Boomer & Beyond 55+ Beginner TRX® (Jan 4 - Feb15)	1:15 - 2:15 Smart Fit (55+)	1:30- 2:15 ★ Boomer & Beyond 55+ Beginner TRX®	Did you know... youth ages 10 & 11 years old can participate in our Wellness/Fitness Programs if accompanied by a parent/guardian.	
2:00 - 3:00 Chair Yoga (MP 2)		2:00 - 3:00 Chair Yoga (MP 2)		2:00 - 3:00 Chair Yoga (MP 2)		
3:15 - 4:00 TRX™ Core	4:15 - 5:15 Core + Glutes	4:00 - 5:00 ABS 1000	4:15 - 5:05 Tone & Fit	3:15 - 4:00 TRX™ Core	★ Please see the Membership Services Desk in person a 1/2 hour prior to class, as this class requires a participant card.	
★			★	★		
5:30 - 6:30 Zumba		5:15 - 6:15 Core + Glutes	5:15 - 6:15 TRX™ Suspension Training (Inter/Adv)	5:15 - 6:30 Beginner's Yoga	☎ Phone-in reservations only for class, call 2 hours prior to the Fitness Centre.	
5:30 - 6:30 PM Spin					Ph: 250.764.4040 ext.426	
					Please confirm with a fitness staff person over the phone to ensure your spot is reserved.	
5:40 - 6:30 Tone & Fit	5:30 - 6:30 Zumba® Toning	5:40 - 6:30 ★ Tone & Fit	5:30 - 6:30 PM Spin			
★	★	★				
6:45 - 7:45 Yoga Move Plus	6:00 - 7:00 PM Spin	6:30 - 7:30 PM Spin + Core				
		6:30 - 7:30 ★ Zumba®				
8:00 - 9:00 Off Season Walk/Run Conditioning	6:45 - 7:45 Yoga Power Flow	7:45 - 8:45 H2O Bootcamp	6:30 - 7:30 Pilates	6:45 - 7:45 Zumba®	★	
					Updated as of 25Jan12	