

# FITNESS AND ADULT PROGRAMS

(in the Group Fitness Studio unless otherwise stated)

## Sept 18 to Apr 1, 2018

Mon	Tue	Wed	Thu	Fri	Sat
	Cycle & Stretch 6:15-7:00				
		Forever Fit 8:30-9:30		Forever Fit 8:30-9:30	Cycle Fit 8:45-9:45
Motiv8 9:00-10:00	ZumbaFy 9:00-10:00	Piloga 9:45-10:45	Power Yoga 9:00-10:00	Yoga 9:45-10:45	75 Minute Yoga 10:00-11:15
Yoga 10:15-11:45	45 Min Stretch 10:15-11:30		Step 101 10:15-11:00		
Restorative Yoga 12:00-1:00	FitMums 10:30-11:30		Kangoo Fitness 11:15-12:15		
Fit For Life 1:30-2:30					
	Pound Fitness 3:30-4:30				
Forever Fitt 5:15-6:15					
Weightroom 101 5:15-6:15	Ab Fit 5:15-6:15	Yoga Bliss 5:15-6:15	Cycle Max 5:15-6:15	Spin Those Wheels 5:30-6:30	
Yoga 6:30-7:30		Kettlebell Fit 5:15-6:15 (weight room)			
Ropes Gone Wild 6:30-7:30	Zumba Step 6:30-7:30	Ab Fit 6:30-7:30	Boot Camp 6:15-7:15		
		Tabata Train 6:30-7:30 (weight room)	Zumba 6:30-7:30		
	Barre Fitness 7:30-8:30				Pass or Drop In Programs
					Pre-Registration Required

