

GROUP FITNESS SCHEDULE

Effective May 1st, 2011

To view descriptions of the classes [click here](#)

NOTE ZUMBA* Paid Program \$3.00 per class (*See front desk for pricing)

AEROBICS

All classes are 1 hour in length unless otherwise indicated.

	MON	TUE	WED	THU	FRI	SAT	SUN
7:45 AM	GROUP STEP Shelley		CARDIO MIX Judith		BENDER BALL Karen		
9:15 AM	SIZZLE Karen	GROUP POWER Airin	GROUP STEP Paula	GROUP POWER Airin	ZUMBA* Christie	SIZZLE Laurie	ULTIMATE CONDITIONING Judith
10:30 AM						GROUP POWER Judith	
5:30 PM	GROUP STEP Shelley	GROUP POWER Megan	GROUP STEP Shelley	GROUP POWER Megan			
6:30 PM	GROUP POWER Jen	ZUMBA* Christie	GROUP POWER Judith				

**SPIN – To register for Spin classes call the club 1 hour prior to start time.
(604) 943-7664**

All classes are 1 hour in length.

	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	SPIN Deb K		SPIN Jen		SPIN Heather		
9:00 AM						SPIN Elaine	
9:30 AM	SPIN Jane	SPIN Judith	SPIN Nancy	SPIN Michelle F	SPIN Airin		
5:15 PM	SPIN Jen		SPIN Lianne				
6:15 PM		SPIN Elaine		SPIN Brenda			

Yoga – Schedule
Contact the [club](#) more details.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Karin 9:30-10:35		Karin 10:30-11:45		Karin 9:30-10:35	Amber 9-10:15	
Evening	Amber 6-7:15						