



SPECIALTY CLASSES/WORKSHOPS

All classes \$20 + HST or package

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30am ATHLETE Andrea B 5:30pm LIFT Andrea L	9:30am LIFT Andrea L 10:45am ACTIVE AGING FLOOR WORK Kelly	10:30am BEGINNER FLOOR WORK Andrea B	9:30 FIGHTER CONDITIONING \$20/each Andrea B	9:15am ABS & ASS Sami 10:00am ABS & ASS Sami 5:30 BEGINNER FLOOR WORK Andrea B	10:00am LIFT Andrea L	10:00am ATHLETE Kelly

PILATES REFORMER

All classes \$25 + HST or package

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20am GENTLE REFORMER Kim 9:30am REFORMER Melanie 10:45am ACTIVE AGING REFORMER Kim 6:30 BEGINNER REFORMER Kim	9:30am ATHLETIC REFORMER Kelly 6:45 REFORMER Sami	8:15am GENTLE REFORMER Sami 9:30am ADVANCED REFORMER Melanie 11:00am GOLF CONDITIONING REFORMER Kelly 4:30pm REFORMER Kelly 6:30 REFORMER Melanie	8:00am REFORMER Kelly 9:30am REFORMER Sami 10:30 REFORMER Sami 11:30am ACTIVE AGING Kelly 4:30pm ATHLETIC REFORMER Kelly 5:45 REFORMER Melanie	8:15am GENTLE REFORMER Kim 9:30am ATHLETIC REFORMER Kelly 10:45am ACTIVE AGING Alanna	9:00am REFORMER Alanna 10:00am REFORMER Alanna	9:00am ATHLETIC REFORMER Kelly 10:00am BEGINNER REFORMER Kim

