



## SPECIALTY CLASSES/WORKSHOPS

All classes \$20 + HST or package

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

## PILATES REFORMER

All classes \$25 + HST or package

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

