

SPRING/SUMMER SCHEDULE
DROP IN FITNESS PROGRAMS – APRIL 1 - SEPT 5

FITNESS CLASSES WILL **NOT** BE OFFERED ON THE FOLLOWING DAYS:

April 3/4 May 24/25 July 1 Aug 1/2 Sept 5/6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TOTAL AEROBIC CHALLENGE 9:15-10:10am <i>Gym</i>	BELLYFIT 9:15 – 10:10AM <i>Gym</i>	TOTAL BODY CHALLENGE 9:15-10:10am <i>Gym</i>	BOXFIT 9:15 – 10:10am <i>Gym</i>	TOTAL STEP CHALLENGE 9:15-10:10am <i>Gym</i>	BALL & STRENGTH 9:00 - 10:15AM <i>Craigflower Room</i>	* YOGA STRETCH 11:00am – 11:45am
STRETCH & STRENGTH 9:00 – 9:55am <i>Craigflower Room</i>		OSTEO FIT 9:00– 9:55am <i>Craigflower Room</i>	STRETCH & STRENGTH 9:00 – 9:55am <i>Craigflower Room</i>			
CARDIO FIT 10:15 – 11:15am <i>Craigflower Room</i>						
POWER CIRCUIT 12:10-12:55pm <i>Gym/Outdoor</i>	DROP- IN BEGINNER FLOW YOGA 12:15-1:00pm <i>Craigflower Room</i>	POWER CIRCUIT 12:10-12:55pm <i>Gym/Outdoor</i>	MIXED INTEVAL CHALLENGE 12:10-12:55pm <i>Gym</i>	DROP-IN HATHA YOGA 12:15-1:00pm <i>Craigflower Room</i>	BOLD Denotes times that the childminding program is available. Shading low impact/lower intensity classes STRETCH & STRENGTH, CARDIO FIT, OSTEOFIT: option to sit or stand in these classes Green Shaded indicates classes that DO NOT take place during August	
BOXFIT 5:30-6:25pm <i>Gym</i>	JAZZERCISE 5:15 – 6:10PM <i>Gym</i>	CORE TO THE FLOOR 6:10 – 6:45pm <i>Gym</i>	BELLYFIT 5:15-6:10pm <i>Gym</i> Until June 24			
ABS LAB 6:30-6:55pm <i>Gym</i>			GROOVE/ PILATES 5:15-6:10pm <i>Gym</i> July/Aug	<i>Groove July 8 Pilates July 15 Alternating weeks</i>		