



ESQUIMALT  
PARKS + RECREATION

## Winter – Spring DROP-IN FITNESS: January 3<sup>rd</sup> - April 30<sup>th</sup> 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL AEROBIC CHALLENGE 9:15-10:10am Gym  Marcia	MIXED INTERVAL CHALLENGE 6:15 – 7:00am Gym  Cheryl	OSTEOFIT 9:00-9:55am Craigflower  Christine	STRETCH & STRENGTH 9:00 – 9:55am Craigflower Room  Kay		
STRETCH & STRENGTH 10:15 – 11:10am Craigflower Room  Kay	BELLYFIT 9:15 – 10:10AM Gym  Marcia	TOTAL BODY CHALLENGE 9:15-10:10am Gym  Marcia	BOXFIT 9:15 – 10:10am Gym  Jada	TOTAL STEP CHALLENGE 9:15-10:10am Gym  Lorraine	STRENGTH (INSTRUCTORS CHOICE) 9:00-9:55AM Craigflower Room  Cheryl
YOGA 12:10-12:55pm Pioneer  Lorraine	POWER CIRCUIT 12:10-12:55pm Gym/Outdoor  Cheryl	YOGA 12:15-1:00pm Craigflower  Nicky	POWER CIRCUIT 12:10-12:55pm Gym/Outdoor  Cheryl	YOGA 12:10-12:55pm Craigflower  Nicky	
BOXFIT 5:15-6:10pm Gym  Esther	YOGA 5:05-6:00pm Craigflower Room  Nicky	CORE TO THE FLOOR 6:15-6:50pm Gym  Esther	BELLYFIT 5:15-6:10pm Gym  Marcia	Groove <b>January 20</b> <b>February 17</b> <b>5:30-6:25pm</b>  <b>March 16</b> <b>6:40-7:35pm</b>  <b>April 27</b> <b>5:30-6:25pm</b>	
ABS LAB 6:15-6:55pm Gym  Esther				Instructor's and classes subject to change.	Phone in reservation for Yoga starts 7 AM.  22 participants Max per class