

# Fitness Class Schedule

# Winter Break



All drop-ins are FREE with Membership!

Tues Dec 27	Weds Dec 28	Thurs Dec 29	Fri Dec 30	Sat Dec 31
Gentle Vinyasa 9-10am Corinne Earth Room	Spin & Core 6:15-7am Jill Wild Rose Room	Gentle Vinyasa 9-10am Corinne Earth Room	Spin 6:15-7am Jill Wild Rose Room	Bootcamp 9-10am Darryl Prairie
Barre 9-9:45am Marion Rocky Mountain Room	Healing Hatha Yoga 9-10am Manjula Earth Room	BARRE 9-9:45am Marion Rocky Mountain Room	Soul Flow 9-10am Ginette Earth Room	Spin 10:15-11:15am Darryl Wild Rose
Spin Tabata 9:15-10:15am Chelsea Prairie Room	Aquaft 9-10am Rahmi Lap Pool	Spin Tabata 9:15-10:15am Chelsea Prairie Room	Aquaft 9-10am Rahmi Lap Pool	Heavy Bag 9:15-10:15am Marion Chinook
Active Forever 10-11am Curtis Rocky Mountain Room	Extreme Bootcamp 9:15-10:15am Chris Rocky Mountain Room	Active Forever 10-11am Curtis Rocky Mountain Room	Extreme Bootcamp 9:15-10:15am Chris Rocky Mountain Room	Zumba 10:30-11:30am Marion Chinook
Yin & Meditation 10:30-11:30am Ginette Earth Room	Gentle Yoga 10:30-11:30am Rahmi Earth Room	Aquaft 10:15-11:15am Corinne Lap Pool	Gentle Yoga 10:30-11:30am Rahmi Earth Room	Beginner Bootcamp 10:30-11:30am Chris Prairie Room
Aquaft 10:15-11:15am Corinne Lap Pool	Zumba 10:30-11:30am Marion Chinook Room	Mobility Yoga 10:30-11:30am Manjula Earth Room		
Lift it 12:10-12:50pm Chelsea Rocky Mountain Room	Beginner Bootcamp 10:30-11:30am Chris Prairie Room	Heavy Bag Circuit 10:30-11:30am Marion Chinook Room		
Dynamic Lifting 6-7pm Curtis Rocky Mountain Room	TRX & Core 12:10-12:50pm Chris Rocky Mountain Room	Lift it 12:10-12:50pm Jayne Rocky Mountain Room	Tabata HIIT Mix 12:10-12:50pm Chris Rocky Mountain Room	
	TRX & Core 6-7pm Chris Rocky Mountain Room	Zumba Cardio Dance 5:30-6:30pm Rahmi Prairie Room		
	Mindful Movement 6:45-7:45pm Corinne Earth Room	Dynamic Lifting 6-7pm Curtis Rocky Mountain Room		
	Noodle-itis 8-9pm Janette Therapy Pool	Vinyasa Yoga 6:45-7:45pm Rahmi Earth Room		

