

# Fitness Class Schedule



Never miss an activity! Scan this QR code with your phone camera for all class descriptions. Save as a bookmark in your browser.

## FALL 2022



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Bootcamp</b> 6:15-7am Caron Rocky Mountain	<b>Gentle Vinyasa Yoga</b> 9-10am Stephanie Earth	<b>Spin &amp; Core</b> 6:15-7am Jill Wild Rose	<b>Gentle Vinyasa Yoga</b> 9-10am Steph Earth	<b>Spin</b> 6:15-7am Jill Wild Rose	<b>Bootcamp</b> 9-10am Darryl Prairie	<b>Yoga Flow</b> 10-11am Corinne Earth
<b>Light Hatha Yoga</b> 9-10am Manjula Earth	<b>Keep Going</b> 9-10am Jo-Anne Chinook	<b>Healing Hatha Yoga</b> 9-10am Manjula Earth	<b>Keep Going</b> 9-10am Jo-Anne Chinook	<b>Soul Flow</b> 9-10am Ginette Earth		
<b>Extreme Bootcamp</b> 9:15-10:15am Steph Turf	<b>Barre</b> 9-9:45am Marion Rocky Mountain	<b>Extreme Bootcamp</b> 9:15-10:15am Steph Turf	<b>Barre</b> 9-9:45am Marion Rocky Mountain	<b>Core Fit</b> 9:15-10:15am Jessie Prairie	<b>Heavy Bag Circuit</b> 9:15-10:15am Marion Chinook	
	<b>Spin Tabata</b> 9:15-10:15am Jessie Prairie	<b>Lift it</b> 9:15-10:15am Jessie Prairie	<b>Spin Tabata</b> 9:15-10:15am Jessie Prairie/Wild Rose	<b>Extreme Bootcamp</b> 9:15-10:15am Chris Turf		
<b>Lift It</b> 9:15-10:15am Jessie Prairie	<b>Active Forever</b> 10-11am Curtis Rocky Mountain	<b>Zumba Gold</b> 9:15-10:15am Marion Chinook		<b>Beginner's Bootcamp</b> 10:30-11:30am Jo-Anne Prairie & Wild Rose	<b>Spin</b> 10:15-11:15am Darryl Wild Rose	
<b>Active Forever</b> 10:15-11:15am Hazel Rocky Mountain	<b>Yin &amp; Meditation</b> 10:30-11:30am Ginette Earth	<b>Zumba</b> 10:30-11:30am Marion Chinook	<b>Active Forever</b> 10-11am Curtis Rocky Mountain	<b>Gentle Yoga</b> 10:30-11:30am Rahmi Earth	<b>Zumba</b> 10:30-11:30am Marion Prairie	
<b>Beginner's Bootcamp</b> 10:30-11:30am Jo-Anne Prairie/Wild Rose	<b>Heavy Bag Circuit</b> 10:30-11:30am Marion Chinook	<b>Beginner's Bootcamp</b> 10:30-11:30am Jo-Anne Prairie	<b>Mobility Yoga Flow</b> 10:30-11:30am Corrine Earth	<b>Spin &amp; Stretch</b> 12:10-12:50pm Jessie Wild Rose/Prairie		
<b>Energize Hatha Yoga</b> 10:30-11:30am Manjula Earth			<b>Gentle Yoga</b> 10:30-11:30am Rahmi Earth	<b>Heavy Bag Circuit</b> 10:30-11:30am Marion Chinook		
<b>Zumba</b> 10:30-11:30am Marion Chinook	<b>Gentle Vinyasa Yoga</b> 12-12:55pm Steph Earth		<b>Lift it</b> 12:10-12:50pm Jayne Rocky Mountain	<b>Zumba Cardio Dance</b> 5:30-6:30pm Rahmi Prairie		
<b>Spin Tabata</b> 12:10-12:50pm Steph Prairie/Wild Rose	<b>Lift It</b> 12:10-12:50pm Jayne Rocky Mountain	<b>TRX &amp; Core</b> 12:10-12:50pm Sara Rocky Mountain	<b>Kids Fit &amp; Fun</b> 5-6pm Chris Earth			
<b>Spin</b> 5:30-6:30pm Rahmi Wild Rose	<b>Spin</b> 5-6pm Caron Wild Rose	<b>Box Hitt</b> 6-7pm Sara Chinook		<b>Spin</b> 6-7pm Jill Wild Rose		
<b>Barre</b> 5:30-6:30pm Hazel Prairie	<b>Kids Fit &amp; Fun</b> 5-6pm Chris Prairie					
<b>Box Hitt</b> 6-7pm Sara Chinook	<b>Dynamic Lifting</b> 6-7pm Curtis Rocky Mountain	<b>TRX &amp; Core</b> 6-7pm Chris Rocky Mountain	<b>Dynamic Lifting</b> 6-7pm Curtis Rocky Mountain			
<b>TRX &amp; Core</b> 6-7pm Chris Rocky Mountain	<b>Strong by Zumba</b> 6:45-7:45pm Rahmi Prairie	<b>Mindful Movement</b> 6:45-7:45pm Carol Earth	<b>Vinyasa Yoga</b> 6:45-7:45pm Rahmi Earth			
<b>Power Yoga</b> 6:45-7:45pm Rahmi Earth		<b>Enurance Ryde</b> 7-8:30pm Amit Wild Rose	<b>Step &amp; Stretch</b> 7:15-8:15pm Janette Prairie			

### Room Names Key

**Earth -**  
Mind and Body Studio

**Rocky Mountain -**  
Martial Arts Studio

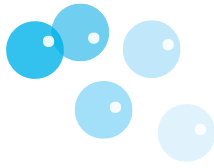
**Chinook -**  
Multi-Fitness Studio

**Wild Rose -**  
Spin Studio

**Prairie -**  
Dance Studio



# Pool Class Schedule

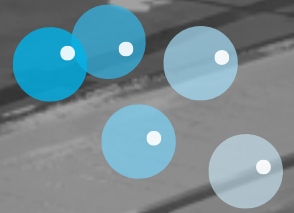


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## FALL 2022



Mon	Tues	Wed	Thurs	Fri
<b>Aqua Fit</b> 9-10am Maui Lap Pool	<b>Aqua Fit</b> 10:30-11:30am Jo-Anne Lap Pool	<b>Aqua Fit</b> 9-10am Rahmi Lap Pool	<b>Aqua Fit</b> 10:30-11:30am Jo-Anne Lap Pool	<b>Aqua Fit</b> 9-10am Rahmi Lap Pool
<b>Aqua Fit</b> 10:15-11:15am Corinne Lap Pool		<b>Aqua Fit</b> 10:15-11:15am Corinne Lap Pool		<b>Aqua Fit</b> 10:15-11:15am Corinne Lap Pool
<b>Warm Water Stretching</b> 12-12:45pm Jo-Anne Therapy Pool	<b>Healing Movement</b> 12-1pm Jo-Anne Therapy Pool	<b>Warm Water Stretching</b> 12-12:45pm Jo-Anne Therapy Pool		<b>Warm Water Stretching</b> 12-12:45pm Jo-Anne Therapy Pool
<b>Healing Movement</b> 1-2pm Jo-Anne Therapy Pool		<b>Healing Movement</b> 1-2pm Jo-Anne Therapy Pool	<b>Healing Movement</b> 1-2pm Jo-Anne Therapy Pool	
<b>Noodle-itis</b> 8-9pm Janette Therapy Pool	<b>Aqua Fit</b> 8-9pm Rahmi Lap Pool	<b>Noodle-itis</b> 8-9pm Janette Therapy Pool	<b>Healing Movement</b> 12-1pm Jo-Anne Therapy Pool	<b>Healing Movement</b> 1-2pm Jo-Anne Therapy Pool



All classes FREE with Membership with the exception of Registered Programs - members receive a discount!