

# FITNESS EXCELLENCE WINTER 2019 SCHEDULE

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SAT
6 AM	SPIN* (45 min - 1 hr) Lynn	TOTAL BODY** (1 hr) Lynn	SPIN* (45 min - 1 hr) Celine	TOTAL BODY** (1 hr) Lynn	SPIN* (45 min - 1 hr) Mary	
9 AM	SPIN & MORE* (1 hr) Celine	FIT EXTREME** (1 hr) Celine	SPIN* (1 hr) Rick	FIT EXTREME** (1 hr) Celine	SPIN & MORE* (1 hr) Celine	
9:15 AM						9:30 am ANYTHING GOES** (1 hr)
10:00 AM						
12:15 AM						
5:30 PM		SPIN* (1 hr) Sue		SPIN* (1 hr) Sue		

\* Included in gym membership

\*\* Drop In or Punch Pass required

ALL CLASSES MUST BE  
BOOKED IN ADVANCE  
CALL 250 897 3552

