

FITNESS EXCELLENCE WINTER 2019 SCHEDULE

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SAT
6 AM	SPIN* (45 min - 1 hr) Lynn No Class Until Fall	TOTAL BODY** (1 hr) Lynn	SPIN* (45 min - 1 hr) Celine No Class Until Fall	TOTAL BODY** (1 hr) Lynn	SPIN* (45 min - 1 hr) Mary No Class Until Fall	
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	
9:30 AM						SATURDAY 9:30 am THE HOURGLASS CLASS** (1 hr)
10:30 AM						SUNDAY 10:30 am BUILD A BOOTY** 90 min.
12:15 AM						
5:30 PM		SPIN* (1 hr) Sue No Class Until Fall		SPIN* (1 hr) Sue No Class Until Fall		

* Included in gym membership

** Drop In or Punch Pass required

ALL CLASSES MUST BE BOOKED IN ADVANCE
CALL 250 897 3552

