

FITNESS EXCELLENCE WINTER 2019 SCHEDULE

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SAT
6 AM	SPIN (1 hr) Lynn	TOTAL BODY (1 hr) Lynn	SPIN (1 hr) Celine	TOTAL BODY (1 hr) Lynn	SPIN (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	
5:30 PM		SPIN (1 hr) Sue		SPIN (1 hr) Sue		
5:45 - 7 PM		TRIBAL FUSION* Call 250 650 3778 to reserve		BEGINNER BELLY FUSION* Call 250 650 3778 to reserve		

*Booking and payment directly to Temple Belly Fusion. Call 250 650 3778 to reserve.

Drop in fee or Punch Card Required for all classes

Drop In (members) \$6.50 + GST

Drop in (non-members) \$9.52 + GST

Punch Card (members) \$49.95/ 12 classes + GST

Punch Card (non-members) \$69.95/ 10 sessions + GST



**SPIN, SPIN & MORE and FIT EXTREME CLASSES
MUST BE BOOKED IN ADVANCE CALL 250 897 3552**