



January 2019

FITNESS CLASS SCHEDULE

DROP-IN FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TONE & TORCH 8:45am-9:15am / Jen	EARLY MORNING MUSCLE 6:30am-7:00am / Karen	TONE & TORCH 8:45am-9:15am / Jen	EARLY MORNING MUSCLE 6:30am-7:00am / Karen	SUN-RIDE SPIN 8:45am-9:15am / Jen
BODY BLAST 9:30am-10:15am / Jen	SPIN 9:30am-10:15am / Jen	BODY BLAST 9:30am-10:15am / Jen	SPIN 9:30am-10:15am / Jen	BARS & BELLS 9:30am-10:15am / Jen
ZUMBA 11:00am-11:45am / Karen	STRENGTH IN NUMBERS 11:00am-12:00pm / Karen	ZUMBA 11:00am-11:45am / Karen	STRENGTH IN NUMBERS 11:00am-12:00pm / Karen	
	SIT TO BE FIT 12:15pm-1:00pm / Mark		SIT TO BE FIT 12:15pm-1:00pm / Mark	

PRE-REGISTER FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BOOTCAMP 6:00pm-7:00pm / Jen 8 CLASSES: \$64.00	STRICTLY STRENGTH 8:30am-9:30am / Jen 8 CLASSES: \$64.00	BOOTCAMP 6:00pm-7:00pm / Jen 8 CLASSES: \$64.00	STRICTLY STRENGTH 8:30am-9:30am / Jen 8 CLASSES: \$64.00	CARDIO KICKBOXING 10:00am-11:00am / Kate 4 CLASSES: \$32.00
SPIN + 7:00pm-8:00pm / Jen 8 CLASSES: \$64.00	WONDER WOMAN 9:15am-10:15am / Natalie 8 CLASSES: \$64.00	SPIN + 7:00pm-8:00pm / Jen 8 CLASSES: \$64.00	WONDER WOMAN 9:15am-10:15am / Natalie 8 CLASSES: \$64.00	<p><i>~ All 3 Month and 1 Year C2 Member holders receive a 15% discount on Pre-Register Classes!</i></p>
Register today!	DUMBBELL FIT 6:00pm-7:00pm / Jesse 8 CLASSES: \$64.00		DUMBBELL FIT 6:00pm-7:00pm / Jesse 8 CLASSES: \$64.00	
	HOCKEY FOR HEALTH 7:00pm-8:00pm / Natalie 4 CLASSES: \$32.00		KID'S HOCKEY FITNESS 3:45pm-4:45pm / Natalie 4 CLASSES: \$32.00	

~ a minimum of 3 participants is required



Drop-In Class Rates:
1 Swipe of the Fitness Class Pass
or Drop-In for \$6.00

Pre-Register Class Rates:
Price per session as indicated, and
Drop-In for \$10.00 if space allows

Class descriptions are available at centennialcentre.ca