

Zumba Class **NEW**
Thursdays
12 noon

GROUP FITNESS SCHEDULE

Please pick up a Group Fitness Brochure at Kerrisdale for complete class descriptions.

SCHEDULE IN EFFECT April 1 - June 30, 2018

Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:20-7:15am	Early Risers Keep Fit (G) Bonnie 6:20-7:15am		Early Risers Keep Fit (G) Monika *NEW TIME 6:10-7:05am		Early Risers Keep Fit (G) Monika *NEW TIME 6:10-7:05am			
9:00-10:00am	Total Body Conditioning (G) Meg	Cardio & Stretch (G) Meg	Total Body Conditioning (G) Meg Gentle Fit (S) Berdjis	Zumba Gold (G) Shelley Core Training (A) Meg *Ends 10:15am	Cardio & Stretch (G) Meg Gentle Fit (S) Audrey	Zumba (G) Tanya 9:30-10:30am		
9:15-10:15am	Step (A) Camille	Gentle Fit (S) Audrey Pure Step (A) Camille	Step Cardio Core (A) Diane *Ends 10:30am		Step n'Sculpt (A) Camille	Core Training (A) Charlene Starts Sep 9. *Ends 10:30am	Step PLUS (A) Mike *Ends 10:25am	
10:30-11:30am	Advanced Gentle Fit (A) Dee	Mild/Moderate (A) Audrey		Low Impact (A) Dee		Gentle Fit (S) Audrey		
12:00-1:00pm				Zumba (A) NEW Tanya		Legend: A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)		
5:30-6:30pm	Zumba (A) Tanya		Zumba (A) Tanya			Rates	Adult	Youth/Seniors
6:00-7:00pm		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya		Drop-In	\$4.75	\$3.75
					Fit Card 10 Classes	\$43.00	\$34.50	
					Fit Chip 13 Weeks	\$156.00	\$125.00	

FitChips will be for sale, two weeks prior to their effective date.