

Zumba Class **NEW**
Thursdays
12 noon

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

GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT July 1-August 31, 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 <i>*NEW TIME</i> 6:10-7:05am		Early Risers Keep Fit (G) Monika <i>*NEW TIME</i> 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 <i>*Ends 10:15am</i>	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 Step & Core (A) Kristiina	Step Cardio Core (A) Diane <i>*Ends 10:30am</i>		Step n'Sculpt (A) Camille		Step PLUS (A) Mike <i>*Ends 10:25am</i>												
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) Tanya NEW		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 <table border="1"> <thead> <tr> <th></th> <th>Adult</th> <th>Youth/Seniors</th> </tr> </thead> <tbody> <tr> <td>Drop-In</td> <td>\$4.75</td> <td>\$3.75</td> </tr> <tr> <td>Fit Card 10 Classes</td> <td>\$43.00</td> <td>\$34.50</td> </tr> <tr> <td>Fit Chip 9 Weeks</td> <td>\$108.00</td> <td>\$86.50</td> </tr> </tbody> </table>			Adult	Youth/Seniors	Drop-In	\$4.75	\$3.75	Fit Card 10 Classes	\$43.00	\$34.50	Fit Chip 9 Weeks	\$108.00	\$86.50
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6:00-7:00pm		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya		FitChips will be for sale, two weeks prior to their effective date.													