



KERRISDALE Community Centre

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am	TBC & Stretch Meg (G)		TBC & Stretch Meg (G)	Cardio, Core & Stretch Meg (G)	Gentle Fit Audrey (G)	
9:30am-10:30am						Zumba Tanya (G)
9:45am-10:45am		Gentle Fit Audrey (G)				
10:15am-11:15am						Gentle Fit Audrey (A)
10:30am-11:30am			Gentle Fit Advanced Dee (A)			
11:00am-12:00pm		Mild/Moderate Low impact Audrey (G)				
5:30pm-6:30pm	Zumba Tanya (A)		Zumba Tanya (A)			

Schedule in effect October 19-December 19, 2020

(G) Gym

(A) Auditorium

Rates	Adult	Senior
Drop-in	\$6	\$5