

Legend: A = Auditorium (max 45) G = Gymnasium (max 100) S = Seniors Centre (max 30)				AM Classes	PM Classes		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Cardio Combo (G) Jan 6 to Mar 24 (Ferial) 9am-10am	Cardio & Strength (G) Jan 7 to Mar 25 (Bitia) 9am-10am	TBC & Stretch (G) Jan 8 to Mar 26 (Sarah) 9am-10am	Gentle Fit Low Impact (A) Jan 9 to Mar 27 (Isobel) 9am-10am	Gentle TBC (G) Jan 10 to Mar 28 (Sarah) 9am-10am	Zumba (G) Jan 4 to Mar 29 (Tanya) 9:15-10:15am		
					TBC (A) Jan 4 to Mar 29 (Charlene) 9:15-10:30am		
	Mild/Mod Low Impact (A) Jan 7 to Mar 25 (Audrey) 10:30-11:30am	Gentle Fit Plus (A) Jan 8 to Mar 26 (Isobel) 10:30-11:30am	Mild/Mod Low Impact (A) Jan 2 to Mar 27 (Audrey) 10:30-11:30am	Step Class (A) Jan 3 to Mar 28 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (Sr Multi) Jan 4 to Mar 29 (Audrey) 10am-11am		
	Step Class (A) Jan 7 to Mar 25 (Indira) 12:00pm-1:00pm		Zumba Toning (A) Jan 2 to Mar 27 (Tanya) 12pm-1pm	Zumba + Circl Mobility (A) Jan 3 to Mar 28 (Tanya) 12:00pm-1:00pm		Drop in	Fit Card (10 classes)
Step Class (A) Jan 6 to Mar 24 <b>*No class on Feb 17</b> (Richard) 1:00pm - 2:00pm		Step Class (A) Jan 8 to Mar 26 (Richard) 1:00pm - 2:00pm		Step Class (A) Jan 3 to Mar 28 (Richard) 1:00pm - 2:00pm	Adult	\$7.00	\$.50
Zumba (G) Jan 6 to Mar 24 (Tanya) 5:30-6:30pm	Zumba Toning (G) Jan 7 to Mar 25 (Tanya) 5:30-6:30pm	Zumba (G) Jan 8 to Mar 26 (Tanya) 5:30-6:30pm	Cardio & Strength (G) Jan 2 to Mar 27 (Bitia) 7:15pm-8:15pm	Boxerfit (A) Jan 3 6 to Mar 28 (Richard) 7:15pm-8:15pm	Seniors /Youth	\$6.00	\$41.00

Fees updated for January 2025

Revised Nov 25, 2024