



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

GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT January 1-March 31, 2020

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) Audrey	Dance Fit (G) Shelley Core Training (A) Meg <i>*Ends 10:15am</i>	Cardio & Stretch (G) Meg Gentle Fit (S) Berdjis	Zumba (G) Tanya 9:30-10:30am	
9:15-10:15am	Step (A) Camille	Gentle Fit (S) Audrey Step Core Kristina	Step Cardio Core (A) Diane <i>*Ends 10:30am</i>		Step n'Sculpt (A) Camille	Core Training (A) Charlene <i>Starts Sep 9.</i> <i>*Ends 10:30am</i>	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 10:20 am-11:15 am Audrey	
11:15-12:15pm		Belly Fit (226) NEW Info: p.32				Rates	Youth/Seniors
5:30-6:30pm	Zumba (A) Tanya		Zumba (A) Tanya	Zumba (A) 12:00 pm-1:00 pm Tanya		Drop-In	Adult \$5.00 Youth/Seniors \$4.00
6:00-7:00pm		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya		Fit Card 10 Classes	\$45.25 / \$36.25
						Fit Chip 13 Weeks	\$163.80 / \$131.50
						FitChips will be for sale, two weeks prior to their effective date.	

Legend: A = Auditorium (max 40) • G = Gymnasium (max 100) • S = Seniors Centre (max 30)