



GROUP FITNESS SCHEDULE

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

SCHEDULE IN EFFECT September 1-December 31, 2019 Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
6:20-7:15am	Early Risers Keep Fit (G) Bonnie <i>6:20-7:15am</i>		Early Risers Keep Fit (G) Rachel <i>*NEW TIME 6:10-7:05am</i>		Early Risers Keep Fit (G) Rachel <i>*NEW TIME 6:10-7:05am</i>														
9:00-10:00am	Total Body Conditioning (G) Meg	Cardio & Stretch (G) Meg	Total Body Conditioning (G) Meg	DanceFit Low (G) Shelley	Cardio & Stretch (G) Meg	Zumba (G) Tanya <i>9:30-10:30am</i>													
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	Core Training (A) Colleen <i>Starts Sep 7. 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 (S) Audrey													
12:00-1:00pm				Zumba (A) 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		<table border="1"> <thead> <tr> <th>Rates</th> <th>Adult</th> <th>Youth/Seniors</th> </tr> </thead> <tbody> <tr> <td>Drop-In</td> <td>\$5.00</td> <td>\$4.00</td> </tr> <tr> <td>Fit Card 10 Classes</td> <td>\$45.25</td> <td>\$36.25</td> </tr> <tr> <td>Fit Chip 17 Weeks</td> <td>\$214.20</td> <td>\$171.25</td> </tr> </tbody> </table>			Rates	Adult	Youth/Seniors	Drop-In	\$5.00	\$4.00	Fit Card 10 Classes	\$45.25	\$36.25	Fit Chip 17 Weeks	\$214.20	\$171.25
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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.														