



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

# GROUP FITNESS SCHEDULE

**SCHEDULE IN EFFECT April 1-June 30, 2019** Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
6:20-7:15am	<b>Early Risers Keep Fit (G)</b> Bonnie <i>6:20-7:15am</i>		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME 6:10-7:05am</i>		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME 6:10-7:05am</i>	<b>Core Training (A)</b> Charlene <i>9:15-10:30am</i>													
9:00-10:00am	<b>Total Body Conditioning (G)</b> Meg	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Total Body Conditioning (G)</b> Meg	<b>Zumba Gold (G)</b> Shelley	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Zumba (G)</b> Tanya <i>9:30-10:30am</i>													
9:15-10:15am	<b>Step (A)</b> Camille	<b>Gentle Fit (S)</b> Audrey <b>Step &amp; Core (A)</b> Kristiina	<b>Step Cardio Core (A)</b> Diane <i>*Ends 10:30am</i>		<b>Step n'Sculpt (A)</b> Camille		<b>Step PLUS (A)</b> Mike <i>*Ends 10:25am</i>												
10:30-11:30am	<b>Advanced Gentle Fit (A)</b> Dee	<b>Mild/Moderate (A)</b> Audrey		<b>Low Impact (A)</b> Dee		<b>Gentle Fit (S)</b> Audrey <i>10:20-11:15am</i>													
12:00-1:00pm				<b>Zumba (A)</b> Tanya		<b>Legend:</b> A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)													
5:30-6:30pm	<b>Zumba (A)</b> Tanya		<b>Zumba (A)</b> 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 13 Weeks</td> <td>\$163.80</td> <td>\$131.50</td> </tr> </tbody> </table>			Rates	Adult	Youth/Seniors	Drop-In	\$5.00	\$4.00	Fit Card 10 Classes	\$45.25	\$36.25	Fit Chip 13 Weeks	\$163.80	\$131.50
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6:00-7:00pm		<b>Zumba Toning (A)</b> Tanya		<b>Zumba Toning (A)</b> Tanya	FitChips will be for sale, two weeks prior to their effective date.														