



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

# GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT July 1-August 31, 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 6:20-7:15am		<b>Early Risers Keep Fit (G)</b> Rachel <b>*NEW TIME</b> 6:15-7:15am		<b>Early Risers Keep Fit (G)</b> Rachel <b>*NEW TIME</b> 6:15-7:15am				
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 9:30-10:30am			
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 <b>*Ends 10:30am</b>		<b>Step n'Sculpt (A)</b> Camille		<b>Step PLUS (A)</b> Mike <b>*Ends 10:25am</b>		
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 10:20-11:15am			
12:00-1:00pm				<b>Zumba (A)</b> Tanya				<b>Legend:</b> <b>A = Auditorium (max 40)</b> <b>G = Gymnasium (max 100)</b> <b>S = Seniors Centre (max 30)</b>	
5:30-6:30pm	<b>Zumba (A)</b> Tanya		<b>Zumba (A)</b> Tanya					<b>Rates</b>	
6:00-7:00pm		<b>Zumba Toning (A)</b> Tanya		<b>Zumba Toning (A)</b> Tanya				Adult	Youth/ Seniors
								Drop-In	\$5.00 / \$4.00
								Fit Card 10 Classes	\$45.25 / \$36.25
								Fit Chip 9 Weeks	\$113.40 / \$91.00
								FitChips will be for sale, two weeks prior to their effective date.	