





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

# GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT January 1-March 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>	Core Training (A) Charlene <i>9:15-10:30am</i>				
9:00-10:00am	Total Body Conditioning (G) Meg		Total Body Conditioning (G) Meg	Zumba Gold (G) Shelley	Cardio & Stretch (G) Meg	Zumba (G) Tanya <i>9:30-10:30am</i>				
		Cardio & Stretch (G) Meg	Gentle Fit (S) Berdjis	Core Training (A) Meg <i>*Ends 10:15am</i>	Gentle Fit (S) Audrey					
9:15-10:15am	Step (A) Camille	Gentle Fit (S) Audrey	Step Cardio Core (A) Diane <i>*Ends 10:30am</i>		Step n'Sculpt (A) Camille		Step PLUS (A) Mike <i>*Ends 10:25am</i>			
		Step & Core (A) Kristiina								
10:30-11:30am	Advanced Gentle Fit (A) Dee	Mild/ Moderate (A) Audrey		Low Impact (A) Dee		Gentle Fit (S) Audrey <i>10:20-11:15am</i>				
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					Rates	Adult	Youth/ Seniors
		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya				Drop-In	\$5.00	\$4.00
6:00-7:00pm								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.										