

**EVEN MORE  
CLASSES  
THIS  
WINTER!**

Continuing Winter 2023 YOU choose your fitness schedule! Register for the Group Fitness Flex Class and have access to 8 classes per week during prime-time hours. Come as often as you want. No pre-booking, no hassle. Show up and work out!

No session Feb 20.

**Jan 3 - Mar 25**  
**\$165 + gst**



## **CONTACT US**

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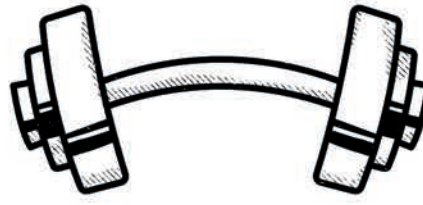
## **GROUP FITNESS FLEX**

*Winter 2023*



**TOWN OF COMOX  
RECREATION**

# Winter 2023 GROUP FITNESS FLEX



**Here's what people are saying about Group Fitness Flex:**

*"I'm a busy teacher & Mom and it's so nice just to have the option to take a class when time allows."*

*"This is a great flex program. It also allows me to try other classes that I would normally not have experimented with because of the cost."*

*"Great value for money, great variety and flexibility."*

**Starting Jan 3 - Mar 25 • \$165 + gst**

<b>Mon</b>	5:15 PM	60 min	Gym A	Michaela	Strength & Cardio Circuit	Muscle building & Cardio Interval stations done circuit style with a HIIT finisher.
<b>Tue</b>	5:15 PM	60 min	Gym A	Signi	20-20-20	20 Minutes of Cardio 20 Minutes of resistance training 20 Minutes of Yoga.
<b>Wed</b>	5:15 PM	60 min	Room C	Suzy	Pilates 101	Move with greater coordination and ease, gain pelvic and core stability to support your spine, and improve balance and posture.
	5:30 PM	60 min	Annex	Paul	Spin & Stretch	Combo of various cycling components and drills; long hill rides, short punchy climbs, flat cadence intervals, watt-based drills
<b>Thu</b>	5:15 PM	60 min	Gym A	Signi	Yo-Mo-Cardio Fusion	Light cardio workout then move into a mix of yoga flows, held stretches and mobility exercises.
<b>Fri</b>	5:15 PM	60 min	Annex	Alison	Spin & Stretch	Combo of various cycling components and drills; long hill rides, short punchy climbs, flat cadence intervals, watt-based drills
<b>Sat</b>	9:00 AM	45 min	Annex	Laurel	Cycle Beats	Pump yourself up for the weekend with a 40 minute ride followed by 5 min stretch.
	10:00 AM	30 min	Gym B	Laurel	Xpress Back & Core	Quick but effective! 30 min's of lower back & abdominal work - your core with love you!