

**YOU  
CHOOSE  
YOUR  
FITNESS  
SCHEDULE!**

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 sessions Sep 21, 23, 30, Oct 9,  
Nov 4, 11, 16 & No Buff Body Circuit  
Dec 9.

**Sep 11 - Dec 15**  
**\$169 + gst**

**SCAN ME**



## **CONTACT US**

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## **GROUP FITNESS FLEX**

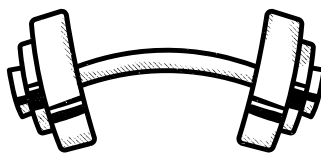
*Fall 2023*



**TOWN OF COMOX  
RECREATION**

# Fall 2023

## GROUP FITNESS FLEX



**Sep 11 - Dec 15**  
**\$169 + gst**



<b>Mon</b>	5:15 PM	60 min	Gym A	Michaela	Strength & Cardio Circuit	Muscle & Cardio stations done circuit style with a quick cardio finisher.
<b>Tue</b>	4:30 PM	45 min	Annex	Deb	Spin & Core	20 min Spin & 20 min Core workout. Cardio/Core/Stretch and done!
	5:15 PM	60 min	Gym A	Signi	20-20-20	Cardio/HIIT, muscle work, core & yoga stretches.
<b>Wed</b>	5:15 PM	60 min	Room C	Suzy	Pilates 101	Gain pelvic & core stability to support and improve balance and posture.
	5:30 PM	60 min	Annex	Paul	Spin & Stretch	Hill, Intervals, HIIT & a long lower stretch.
<b>Thu</b>	5:15 PM	60 min	Gym A	Signi	Yo-Mo-Cardio Fusion	Start with a light cardio workout to warm the muscles and lubricate the joints, then move into a mix of yoga flows, held stretches and mobility exercises.
<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. Classes are set to unique playlists and drills. Beat drops and rhythm drives this invigorating workout.
	10:15 AM	45 min	Gym B	Laurel	Buff Body Circuit	Strength training circuit for a full body workout. Finish with a rejuvenating stretch and mobility work.