

**YOU
CHOOSE
YOUR
FITNESS
SCHEDULE!**

YOU choose your fitness schedule! Register for the Group Fitness Flex Class and have access to 10 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 May 20.
#16106

Apr 2 - Jun 29
\$169 + gst

CONTACT US

Comox Community Centre

1855 Noel Ave, Comox BC
V9M 2H4

250-339-2255

info@comox.ca

www.comox.ca/recreation



Spring 2024
**GROUP
FITNESS FLEX**



**TOWN OF COMOX
RECREATION**

Spring 2024

**GROUP
FITNESS
FLEX**



Mon	9:05 am	60 min	Room C	Laura	Power Flow Yoga
	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
Tue	4:30 pm	45 min	Annex	Carol	Spin & Core
	6:15 pm	45 min	Gym A	Vicky	HIIT - Strength
Wed	5:15 pm	60 min	Room C	Suzy	Pilates 101
	5:30 pm	60 min	Annex	Paul	Spin & Stretch
Thu	5:15 pm	60 min	Gym A	Vicky	Strength & Stretch
Fri	10:30 am	60 min	Annex	Leanne	Spin & TRX
Sat	9:00 am	45 min	Annex	Laurel	Cycle Beats
	10:15 am	45 min	Gym B	Laurel	Buff Body Circuit