

# Group Fitness Flex

16 years & up

Register for the Group Fitness Flex Class and have access to 9 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 15 and 16.

## Winter

#19493 | Jan 5 - Mar 22 | \$199 + gst

<b>Mon</b>	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
<b>Tue</b>	6:15 am	45 min	Spin Room	Vicky	Spin & Strength
	6:45 pm	45 min	Spin Room	Laurel	Rhythm Ride
<b>Wed</b>	5:15 pm	60 min	Room C	Suzy	Pilates 101
<b>Thu</b>	6:15 am	45 min	Gym A	Vicky	Cardio Strength Fusion
	11:45 am	45 min	Room C	Émilie	Noon Nourish Yoga
<b>Sat</b>	9:00 am	45 min	Spin Room	Laurel	Rhythm Ride
	10:15 am	45 min	Gym B	Laurel	Buff Body Circuit
<b>Sun</b>	10:00 am	60 min	Spin Room	Brian	All Terrain Spin

***Drop-in available for all classes - \$11/class.***

*We want to build a great program. Classes and schedules subject to change based on attendance and feedback.*