

Advance registration is required. Registration can be completed [online](#) or by calling 604-987-7529.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Fusion 12:00-12:45pm Maple Room Kelly L	Yoga Fusion 9:00-10:00am Arbutus Room Glenda S	Yoga Fusion 12:00-12:45pm Maple Room Mehrnoosh A	Cardio 1 9:00-10:00am Ash Room Sally D	Cardio 3 8:30-9:30am Ash Room Diana C		Yoga Fusion 9:30-10:30am Ash Room Glenda S
Muscle Fusion 2 5:30-6:30pm Ash Room Diana C		Yoga Fusion 5:30-6:30pm Maple Room Brigitte L	Yoga Fusion 9:00-10:00am Arbutus Room Lesley P	Yoga Fusion 12:00-12:45pm Maple Room Lesley P		
			Bootcamp 3 6:15-7:15pm Ash Room Christine P.			

Drop-ins are not possible to enable contact tracing and physical distancing. Schedule subject to change without notice.

**HOLIDAY SCHEDULE ON STAT HOLIDAYS.**

Class Descriptions	
	Level 1 = Mild    Level 2 = Moderate    Level 3 = Intense
<b>Muscle Fusion 1/2/3</b>	A total body muscle conditioning class. Steps, tubing or hand weights may be used.
<b>Muscle Fusion Core 1/2/3</b>	Focusing on strengthening your core and supporting musculature of the lower limbs. Resistance training equipment and steps may be used.
<b>Cardio 1/2/3</b>	This class incorporates traditional choreography of moderate to high intensity, high and low impact moves with a variety of conditioning exercises.
<b>Muscle Fusion Ball 1/2/3</b>	A total body muscle conditioning class. Stability balls, bands or weights may be used.
<b>Step 1/2/3</b>	This moderate to advanced step class involves use of the step for a short cardio component and then focus on total body conditioning using weights, gliders, bands, and body weight.
<b>Stretch Flow</b>	Dynamic and static stretches to improve your range of motion and strengthen your full body to improve movement performance.
<b>Yoga Fusion</b>	This flow class will combine traditional yoga with dynamic, static stretches to improve your range of motion and strengthen your full body to improve movement performance.
<b>Bootcamp 2/3</b>	A high intensity class that will challenge you with intervals of cardio and strength training. Steps may be used.