



## All Fitness Drop-In Schedules as of July 31, 2020

| Monday   |                                    |        |                    |
|--|------------------------------------|--------|--------------------|
| Class/Facility   | Date/Time                          | Age    | Instructor(s)      |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                               | Sep 8 - Dec 29<br>5:30am - 6:30am  | yrs+   | Fitness Instructor |
| No class September 7, October 12, November 11, and December 25, 2020.                          |                                    |        |                    |
| <b>Master Swim 2</b><br>Harry Jerome Community Recreation Centre                               | Sep 7 - Dec 30<br>6:00am - 7:00am  | 15yrs+ | Fitness Instructor |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Memorial Community Recreation Centre                   | Sep 2 - Dec 29<br>7:00am - 8:30am  | 25yrs+ | Fitness Instructor |
| <b>Movement &amp; Mobility 3</b><br>Delbrook Community Recreation Centre - Maple Room          | Sep 7 - Dec 27<br>7:15am - 8:15am  | 25yrs+ | Barbara P          |
| <b>Cardio 3</b><br>Delbrook Community Recreation Centre - Ash Room                             | Sep 14 - Dec 27<br>7:15am - 8:15am | 13yrs+ | Diana C            |
| NO CLASS: Mon, Sept 7 and Oct 12 - Stat Holiday  |                                    |        |                    |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Parkgate Community Centre - Large Multi Purpose        | Sep 2 - Dec 17<br>7:30am - 8:30am  | 25yrs+ | Alex Yen (PG)      |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>8:00am - 9:00am  | 13yrs+ | Madeline M         |
| <b>Aquafit Shallow</b><br>Karen Magnussen Community Recreation Centre                          | Sep 8 - Dec 23<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Cardiac Rehab 3&amp;4</b><br>John Braithwaite Community Centre - Fitness Centre             | Sep 9 - Dec 23<br>8:00am - 10:00am | 25yrs+ | Fitness Instructor |
| no classes Oct. 12 or Nov. 11.   |                                    |        |                    |
| <b>Master Swim 1</b><br>Harry Jerome Community Recreation Centre                               | Sep 9 - Dec 30<br>8:00am - 9:00am  | 15yrs+ | Fitness Instructor |
| <b>Masters Swim 2</b>  | Sep 9 - Dec 30<br>8:00am - 9:15am  | 13yrs+ | John M             |

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| Delbrook Community Recreation Centre  |                                     |        |                    |
| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                 | Sep 14 - Dec 28<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                 | September 7<br>8:15am - 9:15am      | 13yrs+ | Fitness Instructor |
| Stat holiday class  |                                     |        |                    |
| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                 | October 12<br>8:15am - 9:15am       | 13yrs+ | Fitness Instructor |
| Stat holiday class  |                                     |        |                    |
| <b>Yoga Stretch</b>   | Sep 7 - Nov 30<br>8:30am - 9:30am   | 13yrs+ | Kelly L            |
| No class on Stat Holiday, Oct 12, and most classes in Dec.                        |                                     |        |                    |
| <b>Cardio 1</b><br>Delbrook Community Recreation Centre - Ash Room                | Sep 14 - Dec 28<br>8:30am - 9:30am  | 13yrs+ | Elena V            |
| NO CLASS: Mon, Sept 7 and Oct 12 - Stat Holiday                                   |                                     |        |                    |
| <b>Cardio 1</b><br>Parkgate Community Centre                                      | Sep 7 - Dec 28<br>9:00am - 10:00am  | 13yrs+ | Mehnoush A         |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                  | September 7<br>9:00am - 10:30am     | 13yrs+ | Fitness Instructor |
| Stat holiday class  |                                     |        |                    |
| <b>Shallow Aquafit</b><br>Harry Jerome Community Recreation Centre                | Sep 9 - Dec 30<br>9:00am - 10:00am  | 15yrs+ | Fitness Instructor |
| <b>Muscle Fusion</b><br>Lynn Valley Community Recreation Centre - Cardinal Hall   | Sep 14 - Dec 28<br>9:00am - 10:00am | 13yrs+ | Rhonda K.          |
| Please bring own exercise mat. No class Oct 12.                                   |                                     |        |                    |
| <b>Masters Swim 2</b><br>Delbrook Community Recreation Centre                     | October 12<br>9:00am - 10:30am      | 13yrs+ | John M             |
| Stat holiday class.   |                                     |        |                    |
| <b>Thanksgiving Day Master Swim 2</b><br>Harry Jerome Community Recreation Centre | October 12<br>9:00am - 10:00am      | 15yrs+ | Fitness Instructor |
| <b>Cardio Kickboxing</b><br>Parkgate Community Centre - Large Multi Purpose       | Sep 7 - Dec 28<br>9:05am - 10:05am  | 13yrs+ | Ashifa S           |
| <b>Cardio 2</b><br>John Braithwaite Community Centre - Shoreline                  | Sep 14 - Dec 28<br>9:15am - 10:15am | 13yrs+ | Christine P        |

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| <b>Movement and Mobility 2</b><br>Delbrook Community Recreation Centre - Ash Room              | Sep 14 - Dec 28<br>9:40am - 10:40am              | 50yrs+ | Louise P           |
| NO CLASS: Mon, Sept 7 and Oct 12 - Stat Holiday  |  |        |                    |
| <b>Stretch Flow</b><br>Parkgate Community Centre   | Sep 7 - Dec 28<br>10:00am - 10:30am              | 13yrs+ | Ivana C            |
| (30 minutes)   |  |        |                    |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                               | Sep 9 - Dec 30<br>10:00am - 11:15am              | 13yrs+ | Fitness Instructor |
| No class October 12 and December 25, 2020.   |  |        |                    |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                                    | Sep 14 - Dec 28<br>10:00am - 11:00am             | 13yrs+ | Mary Jane P        |
| <b>Circuit 1</b><br>Karen Magnussen Community Recreation Centre                                | Sep 14 - Dec 28<br>10:00am - 11:00am             | 13yrs+ | Steve W            |
| No class Oct 12.   |  |        |                    |
| <b>Thanksgiving Aquafit</b><br>Harry Jerome Community Recreation Centre                        | October 12<br>10:00am - 11:00am                  | 15yrs+ | Fitness Instructor |
| <b>Remembrance Day Aquafit</b><br>Harry Jerome Community Recreation Centre                     | Nov 11, 2020 - Apr 19, 2021<br>10:00am - 11:00am | 15yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>10:30am - 11:30am              | 13yrs+ | Fitness Instructor |
| <b>Movement &amp; Mobility 1</b><br>Parkgate Community Centre - Large Multi Purpose            | Sep 2 - Dec 30<br>10:30am - 11:30am              | 25yrs+ | Rose L             |
| <b>Cardio 1</b><br>Parkgate Community Centre   | Sep 7 - Dec 28<br>10:30am - 11:30am              | 13yrs+ | Mehrnoush A        |
| <b>Active with Arthritis Level 1</b><br>Karen Magnussen Community Recreation Centre            | Sep 9 - Dec 23<br>10:30am - 11:30am              | 13yrs+ | Fitness Instructor |
| <b>Movement and Mobility 2</b><br>Delbrook Community Recreation Centre - Ash Room              | Sep 14 - Dec 28<br>10:50am - 11:50am             | 50yrs+ | Louise P           |
| NO CLASS: Mon, Sept 7 and Oct 12 - Stat Holiday  |  |        |                    |
| <b>Aquafit Deep Intervals</b><br>Delbrook Community Recreation Centre                          | Sep 14 - Dec 28<br>11:00am - 12:00pm             | 13yrs+ | Mary Jane P        |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple Room                        | Sep 7 - Dec 28<br>12:00pm - 12:45pm              | 13yrs+ | Kelly L            |

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| NO CLASS: Mon, Oct 12 - Stat Holiday   |   |        |                    |
| <b>Bootcamp 2</b><br>John Braithwaite Community Centre - Shoreline                             | Sep 14 - Dec 21<br>12:10pm - 12:50pm      | 13yrs+ | Rhonda K.          |
| No class Oct. 12.  |   |        |                    |
| <b>Bootcamp 2</b><br>John Braithwaite Community Centre - Shoreline                             | Jan 4 - Mar 29, 2021<br>12:10pm - 12:55pm | 13yrs+ | Rhonda K.          |
| No class Feb. 15.  |   |        |                    |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 7 - Dec 28<br>12:15pm - 1:00pm        | 13yrs+ | Jacqueline Jarratt |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Ron Andrews Community Recreation Centre                | Sep 9 - Dec 23<br>1:00pm - 2:15pm         | 25yrs+ | Fitness Instructor |
| No class October 12, November 11, and December 25, 2020.                                       |   |        |                    |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 2 - Dec 30<br>1:30pm - 2:30pm         | 13yrs+ | Fitness Instructor |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                                    | October 12<br>4:30pm - 5:30pm             | 13yrs+ | Miranda G          |
| Stat holiday class.  |   |        |                    |
| <b>Cardio 3</b><br>Memorial Community Recreation Centre - Capilano Room                        | Sep 2 - Dec 30<br>5:10pm - 6:20pm         | 13yrs+ | Andrea B           |
| <b>Muscle Fusion 2</b><br>Delbrook Community Recreation Centre - Ash Room                      | Sep 7 - Dec 28<br>5:30pm - 6:30pm         | 13yrs+ | Diana C            |
| NO CLASS ON: Mon, Oct 12   |   |        |                    |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple Room                        | Sep 7 - Dec 28<br>5:30pm - 6:30pm         | 13yrs+ | Mehrnoush A        |
| NO CLASS: Mon, Oct 12 - Stat Holiday   |   |        |                    |
| <b>Stretch Flow</b><br>Parkgate Community Centre - Large Multi Purpose                         | Sep 7 - Dec 28<br>6:00pm - 7:00pm         | 13yrs+ | Penny S            |
| <b>Stretch Flow</b><br>Delbrook Community Recreation Centre - Maple Room                       | Sep 7 - Dec 28<br>7:00pm - 8:00pm         | 13yrs+ | Yvette B           |
| NO CLASS: Mon, Oct 12 - Stat Holiday   |   |        |                    |

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| <b>Cardio Kickboxing</b>   | Sep 14 - Nov 30<br>7:00pm - 8:00pm | 13yrs+ | Christine Cameron<br>Poole |
| no class Oct 12th  |                                    |        |                            |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre               | Sep 9 - Dec 30<br>7:30pm - 8:45pm  | 13yrs+ | Fitness Instructor         |
| No class October 12 and November 11, 2020.                                     |                                    |        |                            |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                    | Sep 14 - Dec 28<br>7:30pm - 8:30pm | 13yrs+ | Miranda G                  |
| <b>Stretch Flow</b><br>John Braithwaite Community Centre -<br>Harbourview Room | Sep 14 - Dec 21<br>7:30pm - 8:30pm | 13yrs+ | Rhonda K.                  |
| No class Oct. 12.  |                                    |        |                            |

| Tuesday   |                                    |        |                    |
|---|------------------------------------|--------|--------------------|
| Class/Facility  | Date/Time                          | Age    | Instructor(s)      |
| <b>Master Swim 2</b><br>Harry Jerome Community Recreation Centre                                  | Sep 7 - Dec 30<br>6:00am - 7:00am  | 15yrs+ | Fitness Instructor |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre -<br>Spin Cycle Studio                    | Aug 31 - Dec 28<br>6:30am - 7:30am | 13yrs+ | Serena D'Eath      |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple<br>Room                        | Sep 1 - Dec 28<br>7:00am - 8:00am  | 13yrs+ | TBA TBA            |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 1 - Dec 31<br>8:00am - 9:00am  | 13yrs+ | Madeline M         |
| <b>Aquafit Deep</b><br>Ron Andrews Community Recreation Centre                                    | Sep 8 - Dec 29<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Aquafit Shallow</b><br>Karen Magnussen Community Recreation<br>Centre                          | Sep 8 - Dec 23<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Shallow Aquafit</b><br>Harry Jerome Community Recreation Centre                                | Sep 8 - Dec 31<br>8:00am - 9:00am  | 15yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Parkgate Community Centre   | Sep 1 - Dec 29<br>8:20am - 9:20am  | 13yrs+ | Lian Z.            |
| <b>Muscle Fusion Ball 2</b><br>Memorial Community Recreation Centre -<br>Gymnasium                | Sep 1 - Dec 29<br>8:45am - 9:45am  | 13yrs+ | Kelly L            |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre -<br>Arbutus Room                      | Sep 1 - Dec 31<br>9:00am - 10:00am | 13yrs+ | Rosemary C         |
| <b>Aquafit Mild</b>   | Sep 8 - Dec 22<br>9:00am - 10:00am | 13yrs+ | Fitness Instructor |

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| Karen Magnussen Community Recreation Centre  |                                     |        |                    |
| <b>Step 2</b><br>Parkgate Community Centre - Large Multi Purpose                               | Sep 1 - Dec 29<br>9:05am - 10:05am  | 13yrs+ | Ashifa S           |
| (75 minutes)   |                                     |        |                    |
| <b>Circuit 2</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>9:15am - 10:15am  | 13yrs+ | Steve W            |
| <b>Masters Swim 1</b><br>Ron Andrews Community Recreation Centre                               | Sep 8 - Dec 31<br>9:15am - 10:15am  | 13yrs+ | Fitness Instructor |
| <b>Active with Arthritis Level 2</b><br>Karen Magnussen Community Recreation Centre            | Sep 8 - Dec 22<br>10:00am - 11:00am | 13yrs+ | Fitness Instructor |
| <b>Aquafit Shallow</b><br>Delbrook Community Recreation Centre                                 | Sep 8 - Dec 29<br>10:00am - 11:00am | 13yrs+ | Miranda G          |
| <b>Movement &amp; Mobility 3</b><br>Delbrook Community Recreation Centre - Arbutus Room        | Sep 1 - Dec 31<br>10:10am - 11:10am | 25yrs+ | Christine C        |
| <b>Cardio 1</b><br>Memorial Community Recreation Centre - Gymnasium                            | Sep 1 - Dec 31<br>10:30am - 11:30am | 13yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>10:30am - 11:30am | 13yrs+ | Fitness Instructor |
| <b>Cardio 1 (\$2)</b><br>John Braithwaite Community Centre - Shoreline                         | Sep 8 - Dec 29<br>10:30am - 11:30am | 13yrs+ | Lian Z.            |
| <b>Supervised Rehab</b><br>Parkgate Community Centre   | Sep 1 - Dec 31<br>11:00am - 12:00pm | 25yrs+ | Tony Carabetta     |
| <b>Adapted Aquafit \$2</b><br>Delbrook Community Recreation Centre                             | Sep 8 - Dec 31<br>11:00am - 11:45am | 13yrs+ | Annick G           |
| <b>Muscle Fusion 2</b><br>Memorial Community Recreation Centre - Gymnasium                     | Sep 8 - Dec 29<br>12:10pm - 12:50pm | 13yrs+ | Sally D            |
| <b>Yoga Fusion</b><br>John Braithwaite Community Centre - Shoreline                            | Sep 8 - Dec 29<br>12:10pm - 12:55pm | 13yrs+ | Mehrnoush A        |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 1 - Dec 29<br>12:15pm - 1:00pm  | 13yrs+ | Steve W            |
| <b>Joint Rehabilitation</b><br>Harry Jerome Community Recreation Centre - Rehab Fitness Centre | Sep 1 - Dec 31<br>1:00pm - 3:00pm   | 25yrs+ | Rob Wynen          |
| <b>Bootcamp 3</b><br>Delbrook Community Recreation Centre - Ash Room                           | Sep 1 - Dec 29<br>5:45pm - 6:45pm   | 13yrs+ | Lesley P           |
| <b>Cardio 1</b><br>Memorial Community Recreation Centre -                                      | Sep 1 - Dec 29<br>5:55pm - 6:55pm   | 13yrs+ | May Moss           |

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| Capilano Room  |                                   |        |                    |
| <b>Cardio 3</b><br>Parkgate Community Centre - Large Multi Purpose           | Sep 1 - Dec 29<br>6:00pm - 7:00pm | 13yrs+ | Kelda G.           |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio  | Sep 1 - Dec 31<br>6:00pm - 7:00pm | 13yrs+ | Karen H            |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Memorial Community Recreation Centre | Sep 1 - Dec 31<br>6:30pm - 7:45pm | 25yrs+ | Fitness Instructor |
| <b>Aquafit Deep</b><br>Ron Andrews Community Recreation Centre               | Sep 8 - Dec 29<br>7:30pm - 8:30pm | 13yrs+ | Fitness Instructor |

| Wednesday  |                                   |        |                    |
|--|-----------------------------------|--------|--------------------|
| Class/Facility   | Date/Time                         | Age    | Instructor(s)      |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                               | Sep 8 - Dec 29<br>5:30am - 6:30am | yrs+   | Fitness Instructor |
| No class September 7, October 12, November 11, and December 25, 2020.                          |                                   |        |                    |
| <b>Master Swim 2</b><br>Harry Jerome Community Recreation Centre                               | Sep 7 - Dec 30<br>6:00am - 7:00am | 15yrs+ | Fitness Instructor |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Memorial Community Recreation Centre                   | Sep 2 - Dec 29<br>7:00am - 8:30am | 25yrs+ | Fitness Instructor |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Ash Room                          | Sep 2 - Dec 29<br>7:15am - 8:15am | 13yrs+ | Mehrnoush A        |
| No Class on Nov 11.  |                                   |        |                    |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Parkgate Community Centre - Large Multi Purpose        | Sep 2 - Dec 17<br>7:30am - 8:30am | 25yrs+ | Alex Yen (PG)      |
| <b>Core and More</b>   | Sep 2 - Nov 24<br>7:30am - 8:30am | 13yrs+ | Fitness Instructor |
| No class Nov 11th  |                                   |        |                    |
| <b>Movement &amp; Mobility 3</b><br>Delbrook Community Recreation Centre - Arbutus Room        | Sep 2 - Dec 29<br>7:30am - 8:30am | 25yrs+ | Chris M            |
| No Class on Nov 11.  |                                   |        |                    |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>8:00am - 9:00am | 13yrs+ | Madeline M         |
| <b>Aquafit Shallow</b><br>Karen Magnussen Community Recreation Centre                          | Sep 8 - Dec 23<br>8:00am - 9:00am | 13yrs+ | Fitness Instructor |

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| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                  | Sep 9 - Dec 30<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Cardiac Rehab 3&amp;4</b><br>John Braithwaite Community Centre - Fitness Centre | Sep 9 - Dec 23<br>8:00am - 10:00am | 25yrs+ | Fitness Instructor |
| no classes Oct. 12 or Nov. 11.   |                                    |        |                    |
| <b>Cardio 3</b><br>John Braithwaite Community Centre - Shoreline                   | Sep 9 - Dec 30<br>8:00am - 9:00am  | 13yrs+ | Christine P        |
| <b>Master Swim 1</b><br>Harry Jerome Community Recreation Centre                   | Sep 9 - Dec 30<br>8:00am - 9:00am  | 15yrs+ | Fitness Instructor |
| <b>Masters Swim 2</b><br>Delbrook Community Recreation Centre                      | Sep 9 - Dec 30<br>8:00am - 9:15am  | 13yrs+ | John M             |
| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                  | November 11<br>8:15am - 9:15am     | 13yrs+ | Fitness Instructor |
| Stat holiday class   |                                    |        |                    |
| <b>Cardio 1</b><br>Delbrook Community Recreation Centre - Ash Room                 | Sep 2 - Dec 30<br>8:30am - 9:30am  | 15yrs+ | Sally D            |
| No Class on Nov 11.  |                                    |        |                    |
| <b>Cardio 1</b><br>Parkgate Community Centre                                       | Sep 2 - Dec 30<br>9:00am - 10:00am | 13yrs+ | Rose L             |
| <b>Aquafit Shallow Intervals</b><br>Delbrook Community Recreation Centre           | Sep 9 - Dec 30<br>9:00am - 9:45am  | 13yrs+ | Billi B            |
| <b>Shallow Aquafit</b><br>Harry Jerome Community Recreation Centre                 | Sep 9 - Dec 30<br>9:00am - 10:00am | 15yrs+ | Fitness Instructor |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                   | November 11<br>9:00am - 10:30am    | 13yrs+ | Fitness Instructor |
| Stat holiday class   |                                    |        |                    |
| <b>Remembrance Day Master Swim 2</b><br>Harry Jerome Community Recreation Centre   | November 11<br>9:00am - 10:00am    | 15yrs+ | Fitness Instructor |
| <b>Muscle Fusion</b><br>Lynn Valley Community Recreation Centre - Cardinal Hall    | Sep 9 - Dec 30<br>9:15am - 10:15am | 13yrs+ | Rhonda K.          |
| Please bring own exercise mat. No class Nov 11.                                    |                                    |        |                    |
| <b>Muscle Fusion Ball 2</b><br>John Braithwaite Community Centre - Shoreline       | Sep 9 - Dec 23<br>9:15am - 10:15am | 13yrs+ | Julie L            |
| No class Nov. 11.  |                                    |        |                    |
| <b>Muscle Fusion 2</b>   | Sep 2 - Dec 30                     | 13yrs+ | Louise P           |



|  |                                     |        |                    |
|--|-------------------------------------|--------|--------------------|
| Delbrook Community Recreation Centre - Ash Room  | 9:40am - 10:40am                    |        |                    |
| NO CLASS: Nov 11 Remembrance Day   |                                     |        |                    |
| <b>Stretch Flow</b><br>Parkgate Community Centre   | Sep 2 - Dec 30<br>10:00am - 10:30am | 13yrs+ | Rose L             |
| (30 minutes)   |                                     |        |                    |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                                    | Sep 9 - Dec 30<br>10:00am - 11:00am | 13yrs+ | Billi B            |
| <b>Circuit 1</b><br>Karen Magnussen Community Recreation Centre                                | Sep 9 - Dec 30<br>10:00am - 11:00am | 13yrs+ | Sally D            |
| No class Nov 11.   |                                     |        |                    |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                               | Sep 9 - Dec 30<br>10:00am - 11:15am | 13yrs+ | Fitness Instructor |
| No class October 12 and December 25, 2020.   |                                     |        |                    |
| <b>Remembrance Day Aquafit</b><br>Harry Jerome Community Recreation Centre                     | November 11<br>10:00am - 11:00am    | 15yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>10:30am - 11:30am | 13yrs+ | Fitness Instructor |
| <b>Movement &amp; Mobility 1</b><br>Parkgate Community Centre - Large Multi Purpose            | Sep 2 - Dec 30<br>10:30am - 11:30am | 25yrs+ | Rose L             |
| <b>Active with Arthritis Level 1</b><br>Karen Magnussen Community Recreation Centre            | Sep 9 - Dec 23<br>10:30am - 11:30am | 13yrs+ | Fitness Instructor |
| <b>Movement and Mobility 2</b><br>Delbrook Community Recreation Centre - Ash Room              | Sep 2 - Dec 30<br>10:50am - 11:50am | 50yrs+ | Louise P           |
| No Class on Nov 11.  |                                     |        |                    |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple Room                        | Sep 2 - Dec 30<br>12:00pm - 12:45pm | 13yrs+ | Mehrnoush A        |
| Moved To Arbutus Room (Main floor) on: Sept 30. No Class on Nov 11.                            |                                     |        |                    |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Ron Andrews Community Recreation Centre                | Sep 9 - Dec 23<br>1:00pm - 2:15pm   | 25yrs+ | Fitness Instructor |
| No class October 12, November 11, and December 25, 2020.                                       |                                     |        |                    |
| <b>Circuit 1</b>   | Sep 2 - Dec 30                      | 13yrs+ | Fitness Instructor |

|   |                                   |        |                    |
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| Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre                     | 1:30pm - 2:30pm                   |        |                    |
| <b>Aquafit Deep</b>   | November 11<br>4:30pm - 5:30pm    | 13yrs+ | Miranda G          |
| Stat holiday class.   |                                   |        |                    |
| <b>Cardio 3</b><br>Memorial Community Recreation Centre -<br>Capilano Room                        | Sep 2 - Dec 30<br>5:10pm - 6:20pm | 13yrs+ | Andrea B           |
| <b>Muscle Core Fusion 2</b><br>Delbrook Community Recreation Centre - Ash<br>Room                 | Sep 2 - Dec 30<br>5:30pm - 6:30pm | 13yrs+ | Diana C            |
| No Class on Nov 11.   |                                   |        |                    |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre -<br>Spin Cycle Studio                    | Sep 2 - Dec 30<br>5:30pm - 6:30pm | 13yrs+ | Serena D'Eath      |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple<br>Room                        | Sep 2 - Dec 30<br>5:30pm - 6:30pm | 13yrs+ | Brigitte L         |
| No Class on Nov 11.   |                                   |        |                    |
| <b>Circuit 2</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 2 - Dec 30<br>7:30pm - 8:30pm | 13yrs+ | Steve W            |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                                       | Sep 9 - Dec 30<br>7:30pm - 8:30pm | 13yrs+ | Mary Jane P        |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                                  | Sep 9 - Dec 30<br>7:30pm - 8:45pm | 13yrs+ | Fitness Instructor |
| No class October 12 and November 11, 2020.  |                                   |        |                    |

## Thursday

| Class/Facility  | Date/Time                          | Age    | Instructor(s)      |
|---|------------------------------------|--------|--------------------|
| <b>Master Swim 2</b><br>Harry Jerome Community Recreation Centre                                  | Sep 7 - Dec 30<br>6:00am - 7:00am  | 15yrs+ | Fitness Instructor |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre -<br>Spin Cycle Studio                    | Aug 31 - Dec 28<br>6:30am - 7:30am | 13yrs+ | Serena D'Eath      |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple<br>Room                        | Sep 3 - Dec 30<br>7:00am - 8:00am  | 13yrs+ | TBA TBA            |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 1 - Dec 31<br>8:00am - 9:00am  | 13yrs+ | Madeline M         |
| <b>Aquafit Shallow</b>  | Sep 8 - Dec 23                     | 13yrs+ | Fitness Instructor |

|  |                                      |        |                    |
|--|--------------------------------------|--------|--------------------|
| Karen Magnussen Community Recreation Centre  | 8:00am - 9:00am                      |        |                    |
| <b>Shallow Aquafit</b><br>Harry Jerome Community Recreation Centre                             | Sep 8 - Dec 31<br>8:00am - 9:00am    | 15yrs+ | Fitness Instructor |
| <b>Aquafit Deep</b><br>Ron Andrews Community Recreation Centre                                 | Sep 10 - Dec 31<br>8:00am - 9:00am   | 13yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Parkgate Community Centre  | Sep 3 - Dec 31<br>8:20am - 9:20am    | 13yrs+ | Elena V            |
| <b>Muscle Fusion 2</b><br>Delbrook Community Recreation Centre - Ash Room                      | Sep 3 - Dec 31<br>8:30am - 9:30am    | 13yrs+ | Kelly L            |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Arbutus Room                      | Sep 1 - Dec 31<br>9:00am - 10:00am   | 13yrs+ | Rosemary C         |
| <b>Aquafit Mild</b><br>Karen Magnussen Community Recreation Centre                             | Sep 8 - Dec 22<br>9:00am - 10:00am   | 13yrs+ | Fitness Instructor |
| <b>Circuit 2</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>9:15am - 10:15am   | 13yrs+ | Steve W            |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 3 - Dec 31<br>9:15am - 10:15am   | 13yrs+ | Katherine T        |
| <b>Masters Swim 1</b><br>Ron Andrews Community Recreation Centre                               | Sep 8 - Dec 31<br>9:15am - 10:15am   | 13yrs+ | Fitness Instructor |
| <b>Muscle Core Fusion 2 (\$2)</b><br>Parkgate Community Centre - Large Multi Purpose           | Sep 3 - Dec 17<br>9:30am - 10:45am   | 13yrs+ | Elena V            |
| (75 minutes)   |                                      |        |                    |
| <b>Active with Arthritis Level 2</b><br>Karen Magnussen Community Recreation Centre            | Sep 8 - Dec 22<br>10:00am - 11:00am  | 13yrs+ | Fitness Instructor |
| <b>Aquafit Shallow</b><br>Delbrook Community Recreation Centre                                 | Sep 10 - Dec 31<br>10:00am - 11:00am | 13yrs+ | Billi B            |
| <b>Movement &amp; Mobility 3</b><br>Delbrook Community Recreation Centre - Arbutus Room        | Sep 1 - Dec 31<br>10:10am - 11:10am  | 25yrs+ | Christine C        |
| <b>Cardio 1</b><br>Memorial Community Recreation Centre - Gymnasium                            | Sep 1 - Dec 31<br>10:30am - 11:30am  | 13yrs+ | Fitness Instructor |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 1 - Dec 31<br>10:30am - 11:30am  | 13yrs+ | Fitness Instructor |
| <b>Muscle Fusion 1</b><br>John Braithwaite Community Centre - Shoreline                        | Sep 10 - Dec 24<br>10:30am - 11:30am | 13yrs+ | Gail R             |
| <b>Supervised Rehab</b><br>Parkgate Community Centre   | Sep 1 - Dec 31<br>11:00am - 12:00pm  | 25yrs+ | Tony Carabetta     |

|  |                                      |        |                    |
|--|--------------------------------------|--------|--------------------|
| <b>Adapted Aquafit \$2</b><br>Delbrook Community Recreation Centre                             | Sep 8 - Dec 31<br>11:00am - 11:45am  | 13yrs+ | Annick G           |
| <b>Yoga Fusion</b><br>John Braithwaite Community Centre - Shoreline                            | Sep 10 - Dec 31<br>12:10pm - 12:55pm | 13yrs+ | Glenda S           |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 3 - Dec 31<br>12:15pm - 1:00pm   | 13yrs+ | Jacqueline Jarratt |
| <b>Bootcamp</b>  | Sep 10 - Nov 26<br>12:15pm - 1:15pm  | 13yrs+ | Fitness Instructor |
| <b>Joint Rehabilitation</b><br>Harry Jerome Community Recreation Centre - Rehab Fitness Centre | Sep 1 - Dec 31<br>1:00pm - 3:00pm    | 25yrs+ | Rob Wynen          |
| <b>Cardio 1</b><br>Memorial Community Recreation Centre - Capilano Room                        | Sep 1 - Dec 29<br>5:55pm - 6:55pm    | 13yrs+ | May Moss           |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 1 - Dec 31<br>6:00pm - 7:00pm    | 13yrs+ | Karen H            |
| <b>Bootcamp 3</b><br>Delbrook Community Recreation Centre - Ash Room                           | Sep 3 - Dec 17<br>6:15pm - 7:15pm    | 13yrs+ | Lesley P           |
| <b>Muscle Fusion Core 2</b><br>John Braithwaite Community Centre - Shoreline                   | Sep 10 - Dec 17<br>6:15pm - 7:15pm   | 13yrs+ | Keara O'Brien (JB) |
| <b>Muscle Core Fusion 2</b><br>Parkgate Community Centre - Large Multi Purpose                 | Sep 3 - Dec 17<br>6:20pm - 7:20pm    | 13yrs+ | Elena V            |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Memorial Community Recreation Centre                   | Sep 1 - Dec 31<br>6:30pm - 7:45pm    | 25yrs+ | Fitness Instructor |
| <b>Cardio 2 Dance</b><br>Mickey McDougall Community Recreation Centre - Performing Arts Studio | Sep 3 - Dec 17<br>7:00pm - 8:00pm    | 13yrs+ | Tiffany Moffat     |
| <b>Aquafit Deep</b><br>Ron Andrews Community Recreation Centre                                 | Sep 10 - Dec 17<br>7:30pm - 8:30pm   | 13yrs+ | Fitness Instructor |

## Friday

| Class/Facility  | Date/Time                         | Age    | Instructor(s)      |
|---|-----------------------------------|--------|--------------------|
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                | Sep 8 - Dec 29<br>5:30am - 6:30am | yrs+   | Fitness Instructor |
| No class September 7, October 12, November 11, and December 25, 2020.           |                                   |        |                    |
| <b>Master Swim 2</b><br>Harry Jerome Community Recreation Centre                | Sep 7 - Dec 30<br>6:00am - 7:00am | 15yrs+ | Fitness Instructor |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Memorial Community Recreation Centre    | Sep 2 - Dec 29<br>7:00am - 8:30am | 25yrs+ | Fitness Instructor |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Parkgate Community Centre - Large Multi | Sep 2 - Dec 17<br>7:30am - 8:30am | 25yrs+ | Alex Yen (PG)      |

|   |                                     |        |                    |
|---|-------------------------------------|--------|--------------------|
| Purpose   |                                     |        |                    |
| <b>Movement &amp; Mobility 3</b><br>Delbrook Community Recreation Centre -<br>Arbutus Room        | Sep 4 - Dec 17<br>7:30am - 8:30am   | 25yrs+ | Barbara P          |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 1 - Dec 31<br>8:00am - 9:00am   | 13yrs+ | Madeline M         |
| <b>Aquafit Shallow</b><br>Karen Magnussen Community Recreation<br>Centre                          | Sep 8 - Dec 23<br>8:00am - 9:00am   | 13yrs+ | Fitness Instructor |
| <b>Cardiac Rehab 3&amp;4</b><br>John Braithwaite Community Centre - Fitness<br>Centre             | Sep 9 - Dec 23<br>8:00am - 10:00am  | 25yrs+ | Fitness Instructor |
| no classes Oct. 12 or Nov. 11.  |                                     |        |                    |
| <b>Master Swim 1</b><br>Harry Jerome Community Recreation Centre                                  | Sep 9 - Dec 30<br>8:00am - 9:00am   | 15yrs+ | Fitness Instructor |
| <b>Masters Swim 2</b><br>Delbrook Community Recreation Centre                                     | Sep 9 - Dec 30<br>8:00am - 9:15am   | 13yrs+ | John M             |
| <b>Aquafit Shallow</b><br>Ron Andrews Community Recreation Centre                                 | Sep 11 - Dec 18<br>8:00am - 9:00am  | 13yrs+ | Fitness Instructor |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple<br>Room                        | Sep 4 - Dec 18<br>8:25am - 9:25am   | 13yrs+ | TBA TBA            |
| <b>Cardio 3</b><br>Delbrook Community Recreation Centre -<br>Gymnasium                            | Sep 4 - Dec 18<br>8:30am - 9:30am   | 13yrs+ | Diana C            |
| <b>Cardio 1</b><br>Parkgate Community Centre  | Sep 4 - Dec 18<br>9:00am - 10:00am  | 13yrs+ | Ivana C            |
| <b>Step 2</b><br>Parkgate Community Centre - Large Multi<br>Purpose                               | Sep 4 - Dec 18<br>9:00am - 10:15am  | 13yrs+ | Elena V            |
| (75 minutes)  |                                     |        |                    |
| <b>Shallow Aquafit</b><br>Harry Jerome Community Recreation Centre                                | Sep 9 - Dec 30<br>9:00am - 10:00am  | 15yrs+ | Fitness Instructor |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre -<br>Spin Cycle Studio                    | Sep 4 - Dec 18<br>9:15am - 10:15am  | 13yrs+ | andrea finch       |
| <b>Cardio 2 (\$2)</b><br>John Braithwaite Community Centre - Shoreline                            | Sep 11 - Dec 18<br>9:15am - 10:15am | 13yrs+ | Christine P        |
| <b>Yoga Stretch</b>   | Sep 11 - Nov 27<br>9:15am - 10:15am | 13yrs+ | Glenda S           |
| <b>Cardio 1</b><br>Delbrook Community Recreation Centre - Ash<br>Room                             | Sep 4 - Dec 18<br>9:45am - 10:45am  | 15yrs+ | Louise P           |
| <b>Stretch Flow</b>   | Sep 4 - Dec 18<br>10:00am - 10:30am | 13yrs+ | Ivana C            |

|   |                                      |        |                    |
|---|--------------------------------------|--------|--------------------|
| (30 minutes)  |                                      |        |                    |
| <b>Masters Swim 2</b><br>Ron Andrews Community Recreation Centre                                  | Sep 9 - Dec 30<br>10:00am - 11:15am  | 13yrs+ | Fitness Instructor |
| No class October 12 and December 25, 2020.  |                                      |        |                    |
| <b>Aquafit Deep</b><br>Delbrook Community Recreation Centre                                       | Sep 11 - Dec 18<br>10:00am - 11:00am | 13yrs+ | Mary Jane P        |
| <b>Circuit 1</b><br>Karen Magnussen Community Recreation Centre                                   | Sep 11 - Dec 18<br>10:00am - 11:00am | 13yrs+ | Rose L             |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 1 - Dec 31<br>10:30am - 11:30am  | 13yrs+ | Fitness Instructor |
| <b>Cardio 1</b><br>Parkgate Community Centre - Large Multi<br>Purpose                             | Sep 4 - Dec 18<br>10:30am - 11:30am  | 13yrs+ | Ivana C            |
| <b>Active with Arthritis Level 1</b><br>Karen Magnussen Community Recreation<br>Centre            | Sep 9 - Dec 23<br>10:30am - 11:30am  | 13yrs+ | Fitness Instructor |
| <b>Movement and Mobility 1</b><br>Delbrook Community Recreation Centre -<br>Arbutus Room          | Sep 4 - Dec 18<br>11:00am - 12:00pm  | 50yrs+ | Susan F            |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple<br>Room                        | Sep 4 - Dec 18<br>12:00pm - 12:45pm  | 13yrs+ | Paula A            |
| <b>Cardio 2 Dance</b><br>Memorial Community Recreation Centre -<br>Gymnasium                      | Sep 4 - Dec 18<br>12:10pm - 12:50pm  | 13yrs+ | Sally D            |
| <b>Muscle Fusion 2</b><br>John Braithwaite Community Centre - Shoreline                           | Sep 11 - Dec 18<br>12:10pm - 12:50pm | 13yrs+ | Rhonda K.          |
| <b>Masters Swim 2</b><br>Delbrook Community Recreation Centre                                     | December 25<br>12:30pm - 2:00pm      | 13yrs+ | Khosro M           |
| Stat holiday class.   |                                      |        |                    |
| <b>Cardiac Rehab Phase 3 &amp; 4</b><br>Ron Andrews Community Recreation Centre                   | Sep 9 - Dec 23<br>1:00pm - 2:15pm    | 25yrs+ | Fitness Instructor |
| No class October 12, November 11, and December 25, 2020.  |                                      |        |                    |
| <b>Circuit 1</b><br>Harry Jerome Community Recreation Centre -<br>Circuit Training Fitness Centre | Sep 2 - Dec 30<br>1:30pm - 2:30pm    | 13yrs+ | Fitness Instructor |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre -<br>Spin Cycle Studio                    | Sep 4 - Dec 18<br>4:30pm - 5:15pm    | 13yrs+ | Jacqueline Jarratt |
| <b>Cardio 3</b><br>Mickey McDougall Community Recreation  | Sep 4 - Dec 18<br>5:10pm - 6:20pm    | 13yrs+ | Andrea B           |

|   |                                   |        |         |
|---|-----------------------------------|--------|---------|
| Centre  |                                   |        |         |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple Room | Sep 4 - Dec 18<br>5:30pm - 6:30pm | 13yrs+ | Annie M |

## Saturday

| Class/Facility   | Date/Time                           | Age    | Instructor(s)      |
|--|-------------------------------------|--------|--------------------|
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 5 - Dec 19<br>8:00am - 9:00am   | 13yrs+ | Louis B            |
| <b>Aquafit Shallow</b><br>Karen Magnussen Community Recreation Centre                          | Sep 8 - Dec 23<br>8:00am - 9:00am   | 13yrs+ | Fitness Instructor |
| <b>Step (75 minutes)</b><br>John Braithwaite Community Centre - Shoreline                      | Sep 12 - Dec 19<br>8:15am - 9:30am  | 13yrs+ | Sally D            |
| <b>Bootcamp 3</b><br>Parkgate Community Centre   | Sep 5 - Dec 19<br>8:30am - 9:45am   | 13yrs+ | Elena V            |
| (75 minutes)   |                                     |        |                    |
| <b>Cardio 1</b><br>Memorial Community Recreation Centre - Capilano Room                        | Sep 5 - Dec 26<br>9:00am - 10:00am  | 13yrs+ | May Moss           |
| <b>Cardio 2</b><br>Memorial Community Recreation Centre - Gymnasium                            | Sep 5 - Dec 26<br>9:00am - 10:00am  | 13yrs+ | Fitness Instructor |
| <b>Cardio 3</b><br>Mickey McDougall Community Recreation Centre                                | Sep 5 - Dec 19<br>9:00am - 10:15am  | 13yrs+ | Andrea B           |
| <b>Circuit 2</b><br>Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre | Sep 5 - Dec 26<br>9:00am - 10:00am  | 13yrs+ | Rose L             |
| <b>Muscle Core Fusion 2</b><br>Parkgate Community Centre - Large Multi Purpose                 | Sep 5 - Dec 19<br>9:00am - 10:15am  | 13yrs+ | Kelda G.           |
| (75 minutes)   |                                     |        |                    |
| <b>Spin</b><br>Harry Jerome Community Recreation Centre - Spin Cycle Studio                    | Sep 5 - Dec 26<br>9:30am - 10:30am  | 13yrs+ | Steve W            |
| <b>Yoga Fusion</b><br>Delbrook Community Recreation Centre - Maple Room                        | Sep 19 - Dec 19<br>9:30am - 10:30am | 13yrs+ | TBA TBA            |
| Begins: Sept 19  |                                     |        |                    |
| <b>Muscle Fusion Core 2</b><br>John Braithwaite Community Centre - Shoreline                   | Sep 12 - Dec 19<br>9:35am - 10:35am | 13yrs+ | Sally D            |

|   |                                      |        |                    |
|---|--------------------------------------|--------|--------------------|
| <b>Zumba Workout \$2</b><br>Memorial Community Recreation Centre -<br>Gymnasium           | Sep 5 - Dec 26<br>10:15am - 11:15am  | 13yrs+ | Svetlana S         |
| <b>Stretch Flow</b><br>John Braithwaite Community Centre - Shoreline                      | Sep 12 - Dec 19<br>10:45am - 11:45am | 13yrs+ | Sally D            |
| <b>Bootcamp</b>   | Sep 12 - Nov 28<br>11:15am - 12:30pm | 13yrs+ | Fitness Instructor |
| <b>Cardio 1 Women Only \$2</b><br>Memorial Community Recreation Centre -<br>Capilano Room | Sep 5 - Dec 26<br>11:30am - 12:30pm  | 13yrs+ | May Moss           |
| <b>AquaFit Deep</b><br>Ron Andrews Community Recreation Centre                            | Sep 12 - Dec 26<br>4:30pm - 5:30pm   | 13yrs+ | Fitness Instructor |
| No class October 17 due to a swim meet.   |                                      |        |                    |

| Sunday   |                                    |        |               |
|--|------------------------------------|--------|---------------|
| Class/Facility   | Date/Time                          | Age    | Instructor(s) |
| <b>Cardio 1</b><br>Parkgate Community Centre - Large Multi<br>Purpose              | Sep 6 - Dec 27<br>9:00am - 10:15am | 13yrs+ | Lian Z.       |
| <b>Muscle Core Fusion 2</b><br>Memorial Community Recreation Centre -<br>Gymnasium | Sep 6 - Dec 27<br>9:00am - 10:15am | 13yrs+ | May Moss      |

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