

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio 1 8:00-9:00am Gymnasium Quadrant C Elena V	Step 2 8:30-9:30am Gymnasium Quadrants AB Ashifa S	Cardio 1 8:30-9:30am Gymnasium Quadrants AB Lian Z.	Muscle Core Fusion 2 9:00-10:00am Gymnasium Quadrants AB Elena V	Step 2 9:00-10:00am Gymnasium Quadrants AB Elena V	Muscle Core Fusion 2 9:00-10:00am Gymnasium Quadrants AB Kelda G.	
Cardio Kickboxing 9:00-10:00am Gymnasium Quadrants AB Ashifa S	Cardio 3 5:30-6:30pm Gymnasium Quadrants AB	Stretch Flow 9:45-10:45am Gymnasium Quadrants AB Lian Z.	Cardio 3 5:30-6:30pm Gymnasium Quadrants AB Elena V			
Stretch Flow 10:00-10:45am Gymnasium Quadrant C Elena V	Stretch Flow 5:30-6:30pm Gymnasium Quadrants AB Penny S					

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
Muscle Fusion 1/2/3	A total body muscle conditioning class. Steps, tubing or hand weights may be used.
Muscle Fusion Core 1/2/3	Focusing on strengthening your core and supporting musculature of the lower limbs. Resistance training equipment and steps may be used.
Cardio 1/2/3	This class incorporates traditional choreography of moderate to high intensity, high and low impact moves with a variety of conditioning exercises.
Muscle Fusion Ball 1/2/3	A total body muscle conditioning class. Stability balls, bands or weights may be used.
Step 1/2/3	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.
Stretch Flow	Dynamic and static stretches to improve your range of motion and strengthen your full body to improve movement performance.
Yoga Fusion	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.
Bootcamp 2/3	A high intensity class that will challenge you with intervals of cardio and strength training. Steps may be used.