

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit Shallow Self Directed No Instructor 9:15-10am Harry Jerome Pool	Masters Swim 2 6:00-7:00am Harry Jerome 4 Lanes	Masters Swim 2 6:00-7:00am Harry Jerome 4 Lanes	Masters Swim 2 6:00-7:00am Harry Jerome 4 Lanes	Masters Swim 2 6:00-7:00am Harry Jerome 4 Lanes	Cardio 2 Dance 9:00-10:00am Memorial Gymnasium	
Spin Monday 8:45-9:45am Harry Jerome Spin Cycle Studio	Muscle Fusion Ball 2 9:00-10:00am Memorial Gymnasium Kelly L	Cardio 1 9:00-10:00am Mickey McDougall Gymnasium A West	Spin 9:15-10:15am Harry Jerome Spin Cycle Studio	Aquafit Shallow 9:15-10:00am Harry Jerome Pool	Cardio 3 Saturday 9:00-10:00am Mickey McDougall Gymnasium A West	
Cardio 3 Monday 5:15-6:15pm Mickey McDougall Gymnasium A West Andrea B	Cardio 1 10:30-11:30am Memorial Gymnasium Wendy Padwick	Aquafit Shallow 9:15-10:00am Harry Jerome Pool	Cardio 1 10:30-11:30am Memorial Gymnasium Wendy Padwick	Cardio 3 5:15-6:15pm Mickey McDougall Gymnasium A West		
	Spin 12:00-12:45pm Harry Jerome Spin Cycle Studio	Cardio 3 5:15-6:15pm Mickey McDougall Gymnasium A West	Spin 5:30-6:30 pm Harry Jerome Spin Cycle Studio			
	Spin (starts Oct 20) 6:00-7:00pm Harry Jerome Spin Cycle Studio					
Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME	Drop In Gym TIME TIME TIME

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.

