

SUMMER *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
STRENGTH & CORE 8:30 - 9:15am With Roché <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Donna <i>Dogwood Room</i>	GENTLE SPIN 8:30 - 9:15am With Viv <i>Dogwood Room</i>	DYNAMIC CORE 8:15 - 9:00am With Roché <i>Dogwood Room</i>
MODERATE MOVES 10:30 - 11:30am With Christine <i>Dogwood Room</i>	SENSIBLE STRENGTH 10:45 - 11:45am With Kimberley <i>Dogwood Room</i>	INTERVAL FUSION 9:30 - 10:30am With Viv <i>Dogwood Room</i>	MORNING YOGA 9:30 - 10:30am With Kelly <i>Elm Room</i>
SENIORS WELLNESS 1:00 - 2:00pm With Kaylin <i>Dogwood Room</i>	SPIN & CORE 5:15 - 6:00pm With Megan <i>Dogwood Room</i>	CHAIR YOGA 10:45 - 11:45am With Kimberley <i>Dogwood Room</i>	FIT & FUNCTIONAL 10:45 - 11:45am With Donna <i>Dogwood Room</i>
TOTAL BODY CONDITIONING 5:15 - 6:00pm With Kaylin <i>Dogwood Room</i>		PILATES 6:00 - 6:45pm With Bristol <i>Elm Room</i>	

SUMMER *Fitness*

WEEKLY DROP IN FITNESS SCHEDULE AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
STRENGTH & CORE 8:30 - 9:15am With Roché <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Donna <i>Dogwood Room</i>	GENTLE SPIN 8:30 - 9:15am With Viv <i>Dogwood Room</i>	STRETCH APPEAL 9:15 - 10:15am With Donna <i>Dogwood Room</i>
MODERATE MOVES 10:30 - 11:30am With Christine <i>Dogwood Room</i>	SENSIBLE STRENGTH 10:45 - 11:45am With Kimberley <i>Dogwood Room</i>	INTERVAL FUSION 9:30 - 10:30am With Viv <i>Dogwood Room</i>	
SENIORS WELLNESS 1:00 - 2:00pm With Kaylin <i>Dogwood Room</i>	SPIN & CORE 5:15 - 6:00pm With Megan <i>Dogwood Room</i>	CHAIR YOGA 10:45 - 11:45am With Kimberley <i>Dogwood Room</i>	
TOTAL BODY CONDITIONING 5:15 - 6:00pm With Kaylin <i>Dogwood Room</i>		PILATES 6:00 - 6:45pm With Bristol <i>Elm Room</i>	