



COMPLIMENTARY FITNESS CLASSES

Class size is limited, please arrive early

MONDAY

Kick Start	6:30 am
BoxFit	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
Sprintervals	5:30 pm

TUESDAY

Morning Warrior	6:00 am
Let It Flow Yoga	7:00 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Gym Orientation*	2:00 pm

WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Gym Orientation*	2:00 pm
BoxFit	5:00 pm
Total Body Spin	6:00 pm

THURSDAY

Morning Warrior	6:00 am
Vinyasa Flow	7:00 am
Functional Athletics	11:30 am
30 Min. Crunch Time	12:30 pm
Lower Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Cycle Club 'Casual Ride'	5:30 pm

FRIDAY

Cardio Conditioning	6:00 am
BoxFit	7:00 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
BoxFit	4:30 pm

SATURDAY

Power Restore Yoga	9:30 am
--------------------	---------

SUNDAY

90 Min. Flow Yoga	9:30 am
-------------------	---------

**Space limited, call front desk the day before to register*

CYCLING CLINIC

Tuesdays	5:30 pm
----------	---------

\$100. 12-week clinic or \$25. drop in

Call front desk to register. Series runs June 12 - Aug. 28

BEACH VOLLEYBALL

Every other Tuesday	4:00 pm - 6:00 pm
---------------------	-------------------

Meet at Kits Beach

Call front desk to register. Series begins June 12 - Aug. 21

OUTDOOR MASTER SWIM

Wednesdays	7:30 am - 8:30 am
------------	-------------------

At Kits Pool

Must have Vancouver Parks Board pass for entry

Series runs June 13 - Aug. 29