



COMPLIMENTARY FITNESS CLASSES

Class size is limited, please arrive early

MONDAY

Kick Start	6:00 am
Power Flow Yoga	7:00 am
Boxing	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm

TUESDAY

Morning Warrior	6:00 am
Let It Flow Yoga	7:00 am
Senior Stretch & Strength (65+)	11:30 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Retro Aerobics	5:30 pm

WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Gym Orientation*	2:00 pm
Boxing	4:30 pm
90 Min. Restorative Yin Yoga	5:30 pm

THURSDAY

Morning Warrior	6:00 am
Advanced Boxing	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
SpinFit	5:30 pm

FRIDAY

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

SATURDAY

90 Min. Power Restore Yoga	9:30 am
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SUNDAY

90 Min. Flow Fusion Yoga	9:30 am
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**Space limited, register preferred*

OUTDOOR MASTER SWIM

Wednesdays & Fridays 7:30 am - 8:30 am
At Kits Pool
Must have Vancouver Parks Board pass for entry
Series runs June 26 - Aug. 30

BEACH VOLLEYBALL

Wednesdays 4:00 pm - 6:00 pm
Meet at Kits Beach
Call front desk to register. Series runs June 12, 19, 26,
July 3, 10, & 17

CYCLING CLINIC

Tuesdays 5:30 pm
\$200. 12-week clinic or \$25. drop in
Call front desk to register. Series runs April 30 - Sept. 10