



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
Spin Beats	5:30 pm

TUESDAY

Morning Warrior	6:00 am
Run Club	7:00 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
Ladies That Lift	6:00 pm

WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Gym Orientation*	2:00 pm
BoxFit	4:30 pm
Total Body Spin	5:30 pm

THURSDAY

Morning Warrior	6:00 am
Run Club	7:00 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
The Big Four	6:00 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

Run Club	8:30 am
Power Restore Yoga	9:30 am

SUNDAY

90 Min. Flow Yoga	9:30 am
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**Space limited, call front desk the day before to register*

CYCLE CLINIC

Thursdays	5:30 pm
Saturdays	8:00 am

\$10. drop-in in the fitness centre

VC MASTER SWIM CLUB

Wednesdays & Fridays	7:45 am
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*\$175. per 6 sessions, \$40. drop-in at YWCA
Call front desk to register*