

FITNESS DROP-IN SCHEDULE

April 22 – June 8, 2019

Cost: 10 class pass **\$46** Age: 17 +
 20 class pass **\$79**
 Drop-in fee **\$6.25**



MOUNT PEARL
summit
 CENTRE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00 - 6:50am Fitness Boot Camp Reid Centre Gym (No Class April 24)		6:00 - 6:50am Fitness Boot Camp Reid Centre Gym (No Class April 26)	
	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Aqua Fit Pool	9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym (No Class April 24)		9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym (No Class April 26)	9:20 - 10:10am Strong by Zumba Reid Centre Gym (No Class April 27 Last Class May 31)
	10:30 - 11:20am Gentle Aqua Fit Pool	10:30 - 11:20am Zumba Toning & Step Leaman Room (No Class April 23)	9:30 - 10:20am Deep Water Fitness Pool	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Deep Water Fitness Pool (Last Class May 31)	9:45 - 10:45am SPIN Spin Room (Last Class May 11)
	10:45 - 11:35am Zumba Gold Maher Room (No Class April 22)		10:30 - 11:20am Gentle Aqua Fit Pool	10:30 - 11:20am Zumba Toning & Step Leaman Room (No Class April 25)		
	6:00 - 6:50pm RIP Fitness Leaman Room (No Class April 22)	6:00 - 6:50pm Fitness Boot Camp Leaman Room (No Class April 23)	10:45 - 11:35am Zumba Gold Maher Room (No Class April 24)		10:45 - 11:35am Zumba Maher Room (No Class April 26)	
	7:00 - 7:50pm Strong by Zumba Reid Centre Gym (No Class April 22)	7:00 - 7:50pm Zumba Step Leaman Room (No Class April 23)	6:00 - 6:50pm RIP Fitness Leaman Room (No Class April 24)	6:00 - 6:50pm Fitness Boot Camp Leaman Room (No Class April 25)		
	8:15 - 9:05pm Cardio Core Leaman Room (No Class April 22)	7:30 - 8:30pm SPIN Spin Room (Last Class May 14)	7:00 - 7:50pm Strong by Zumba Reid Centre Gym (No Class April 24)	7:00 - 7:50pm Zumba Step Leaman Room (No Class April 25)	6:00 - 6:50pm RIP Fitness Leaman Room (No Class April 26)	
7:00 - 7:50pm Transform Rx Leaman Room	8:30 - 9:20pm Deep Water Fitness Pool	8:00 - 8:50pm Aqua Fit Pool	7:15 - 8:05pm Transform Rx Leaman Room (No Class April 24)	7:30 - 8:30pm SPIN Spin Room (Last Class May 16)		
8:00 - 8:50pm Aqua Fit Pool		8:15 - 9:05pm Pound & Pump Leaman Room (No Class April 23 & 30)	8:00 - 8:50pm Aqua Zumba Pool (No Class April 24)	8:00 - 8:50pm Aqua Fit Pool (No Class April 25)		