

FITNESS DROP-IN SCHEDULE

May 10 – 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		6:00 - 6:50am Fitness Boot Camp Reid Centre Gym	
	9:30 - 10:20am Aqua Fit Pool <i>(No Class May 20)</i>	9:30 - 10:20am Aqua Fit Pool	9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym		9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym	9:20 - 10:10am Strong by Zumba Reid Centre Gym <i>(No Class May 18, Last Class May 25)</i>
	10:30 - 11:20am Gentle Aqua Fit Pool <i>(No Class May 20)</i>	10:30 - 11:20am Zumba Toning & Step Leaman Room	9:30 - 10:20am Deep Water Fitness Pool	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Deep Water Fitness Pool <i>(Last Class May 31)</i>	9:45 - 10:45am SPIN Spin Room <i>(Last Class May 11)</i>
	10:45 - 11:35am Zumba Gold Maher Room <i>(No Class May 20)</i>		10:30 - 11:20am Gentle Aqua Fit Pool	10:30 - 11:20am Zumba Toning & Step Leaman Room		
	6:00 - 6:50pm RIP Fitness Leaman Room <i>(No Class May 20)</i>	6:00 - 6:50pm Fitness Boot Camp Leaman Room	10:45 - 11:35am Zumba Gold Maher Room		10:45 - 11:35am Zumba Maher Room	
	7:00 - 7:50pm Strong by Zumba Reid Centre Gym <i>(No Class May 13 & 20)</i>	7:00 - 7:50pm Zumba Step Leaman Room	6:00 - 6:50pm RIP Fitness Leaman Room	6:00 - 6:50pm Fitness Boot Camp Leaman Room		
	8:15 - 9:05pm Cardio Core Leaman Room <i>(No Class May 20)</i>	7:30 - 8:30pm SPIN Spin Room <i>(Last Class May 14)</i>	7:00 - 7:50pm Strong by Zumba Reid Centre Gym	7:00 - 7:50pm Zumba Step Leaman Room	6:00 - 6:50pm RIP Fitness Leaman Room <i>(No Class May 17)</i>	
7:00 - 7:50pm Transform Rx Leaman Room <i>(No Class May 19)</i>	8:30 - 9:20pm Deep Water Fitness Pool <i>(No Class May 20)</i>	8:00 - 8:50pm Aqua Fit Pool	7:15 - 8:05pm Transform Rx Leaman Room	7:30 - 8:30pm SPIN Spin Room <i>(Last Class May 16)</i>		
8:00 - 8:50pm Aqua Fit Pool <i>(No Class May 19)</i>		8:15 - 9:05pm Pound & Pump Leaman Room	8:00 - 8:50pm Aqua Zumba Pool	8:00 - 8:50pm Aqua Fit Pool		