

FITNESS DROP-IN SCHEDULE

September 8 – November 30, 2019

Cost: 10 class pass **\$46** Age: 17 +
 20 class pass **\$79**
 Drop-in fee **\$6.25**
 REVISED October 7, 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 - 10:05am Total Fusion Leaman Room	9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym	9:15 - 10:05am RIP Leaman Room	9:15 - 10:05am Parent & Baby Boot Camp Reid Centre Gym	9:15 - 10:05am Total Fusion Leaman Room	9:20 - 10:10am Strong by Zumba Reid Centre Gym (No Class Oct 12, Nov 2)
	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Deep Water Fitness Pool	9:30 - 10:20am Aqua Fit Pool	9:30 - 10:20am Deep Water Fitness Pool (No Class Nov 22)	9:45 – 10:45am SPIN Spin Room
	10:30 - 11:20am Gentle Aqua Fit Pool	10:30 - 11:20am Zumba Toning & Step Leaman Room	10:30 - 11:20am Gentle Aqua Fit Pool	10:30 - 11:20am Zumba Toning & Step Leaman Room		
	10:45 - 11:35am Zumba Gold Maher Room		10:45 - 11:35am Zumba Gold Maher Room		10:45 - 11:35am Zumba Maher Room	
			12:15 – 12:45pm SPIN Spin Room			
	6:00 - 6:50pm RIP Fitness Leaman Room	6:00 - 6:50pm Total Fusion Leaman Room	6:00 - 6:50pm RIP Fitness Leaman Room	6:00 - 6:50pm Total Fusion Leaman Room		
7:00 - 7:50pm Transform Rx Leaman Room (No Class Oct 13)	7:00 - 7:50pm Strong by Zumba Reid Centre Gym (No Class Oct 21)	7:00 - 7:50pm Zumba Step Leaman Room	7:00 - 7:50pm Strong by Zumba Reid Centre Gym	7:00 - 7:50pm Zumba Step Leaman Room		
		7:30 - 8:30pm SPIN Spin Room	7:15 - 8:05pm Transform Rx Leaman Room	7:30 - 8:30pm SPIN Spin Room		
8:00 - 8:50pm Aqua Fit Pool (No Class Nov 24)	8:15 - 9:05pm Cardio Core Leaman Room	8:00 - 8:50pm Deep Water Fitness Pool	8:00 - 8:50pm Aqua Fit Pool	8:00 - 8:50pm Aqua Fit Pool		
	8:30 - 9:20pm Aqua Fit Pool	8:15 - 9:05pm Pound & Pump Leaman Room (No Class Nov 12)				