



FITNESS

2010 Schedule

Gentle Fit -	Mondays -	10:30 am	Coronation Centre
		1:00 pm	Coronation Centre
	Wednesdays	10:30 am	Coronation Centre
		12.30 pm	MacBain Satellite
	Fraturdays	10:30 am	MacBain Satellite
		1:00 pm	Coronation Centre
Men's Fitness -	Mondays	9:15 am	Coronation Centre
	Wednesdays	9:15 am	Coronation Centre
	Fraturdays	9:15 am	MacBain Satellite
Get Fit (All) -	Tuesdays	6:00 pm	MacBain Satellite
	Thursdays	6:00 pm	Coronation Centre
	Fraturdays	9:15 am	Coronation Centre
	Saturdays	9:15 am	Coronation Centre
Get Fit #1 -	Tuesdays	10:30 am	MacBain Satellite
	Thursdays	10:30 am	MacBain Satellite
Get Fit #2 -	Tuesdays	9:15 am	MacBain Satellite
Get Fit (Step)	Mondays	9:15 am	MacBain Satellite
	Thursdays	9:15 am	MacBain Satellite
Core Fit	Thursdays	7:15 pm	Coronation Centre
	Wednesdays	9:15 am	MacBain Satellite
Flex Fit -	Tuesdays	7:15 pm	MacBain Satellite
	Fraturdays	10:30 am	Coronation Centre
Sculpt & Tone	Mondays	10:30 am	MacBain Satellite
	Wednesdays	10:30 am	MacBain Satellite
Body Circuits	Wednesdays	6:30 pm	Coronation Centre
Aqua <i>*Pre Registration Req'd</i>	Tuesdays	1:00 & 1:45 pm	MacBain Satellite
	Wednesdays	1:45 pm	MacBain Satellite
	Thursdays	1:00 & 1:45 pm	MacBain Satellite
Wellness Centre	Mon—Fri	8:30 am - 4:30 pm	Coronation Centre
	Wed. & Thurs.	6:00 pm - 8:00 pm	Coronation Centre
	Saturdays	8:30 am - 11:30 am	Coronation Centre
Orientation (Equipment)	Mondays	2:30 pm	Coronation Centre
	Thursdays	5:30 pm	Coronation Centre
	Saturdays	10:30 am	Coronation Centre
Assessments & Programs	<i>By Appointment Only</i>		Coronation Centre
Tai Chi	Mondays	6:15 pm	Coronation Centre
	Wednesdays	9:30 am	Coronation Centre
	Thursdays	6:15 pm	Coronation Centre
	Fraturdays	9:30 am	Coronation Centre
Yoga	Wednesdays	9:00 am	Coronation Centre
Evening Yoga	Mondays	6:30 pm	Coronation Centre

Starts Sept. 9* *Pre Registration Req'd*

Starts Sept. 14* *Pre Registration Req'd*