


Coronation Centre Fitness

Mon	Tue	Wed	Thu	Fri	Sat
9:15 Men's Fit 2 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 3	9:00 Yoga 4 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 5 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	CENTRE CLOSED 6 EASTER MONDAY	No Weekend Wellness 7
CENTRE CLOSED 9 EASTER MONDAY	9:30 Zumba 10	9:00 Yoga 11 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit	6:15 Tai Chi 12	9:00 Tai Chi—Beg 13 9:30 Tai Chi —Adv 1:00 Gentle Fit	8:30—11:30 am 14 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 16 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 17	9:00 Yoga 18 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 19 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 20 9:00 Tai Chi—Beg 9:30 Tai Chi —Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 21 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 23 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 24	9:00 Yoga 25 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 26 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 27 9:00 Tai Chi—Beg 9:30 Tai Chi —Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 28 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 30 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	<h1 style="font-size: 4em;">April</h1>				

Mon	Tue	Wed	Thu	Fri	Sat
	9:30 Zumba 1	9:00 Yoga 2 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 3 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 4 9:30 Tai Chi —Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 5 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 7 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 8	9:00 Yoga 9 9:15 Men's Fit 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 10 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 11 9:30 Tai Chi —Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	No Weekend Wellness 12
9:15 Men's Fit 14 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 15	9:00 Yoga 16 9:15 Men's Fit 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 17 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 18 9:30 Tai Chi —Adv 10:30 Sculpt & Tone	No Weekend Wellness 19
Centre Closed 22 Victoria Day	9:30 Zumba 22	9:00 Yoga 23 9:15 Men's Fit 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 24 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit —All 25 9:30 Tai Chi —Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 26 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 28 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 29	9:00 Yoga 30 9:15 Men's Fit 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 31 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	<h1 style="font-size: 4em;">May</h1>	

MacBain Fitness

Mon	Tue	Wed	Thu	Fri
2 9:15 Get Fit with Step 10:30 Sculpt & Tone	3 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	4 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	5 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	6 <i>Centre Closed</i> <i>Good Friday</i>
9 <i>Centre Closed</i> <i>Easter Monday</i>	10 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua No pm Fitness	11 No Morning Fitness 1:00 Aqua 1:45 Deep Water Aqua	12 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	13 9:15 Men's Fitness 10:30 Gentle Fit
16 No Morning Fitness	17 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua No pm Fitness	18 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	19 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	20 9:15 Men's Fitness 10:30 Gentle Fit
23 9:15 Get Fit with Step 10:30 Sculpt & Tone	24 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	25 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	26 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	27 9:15 Men's Fitness 10:30 Gentle Fit
30 9:15 Get Fit with Step 10:30 Sculpt & Tone			APRIL	
Mon	Tue	Wed	Thu	Fri
May	1 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	2 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	3 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	4 9:15 Men's Fitness 10:30 Gentle Fit
7 9:15 Get Fit with Step 10:30 Sculpt & Tone	8 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	9 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	10 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	11 9:15 Men's Fitness 10:30 Gentle Fit
14 9:15 Get Fit with Step 10:30 Sculpt & Tone	15 9:15 Get Fit (2) 10:30 Get Fit (1) 6:00 Get Fit All 7:15 Flex Fit	16 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	17 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	18 <i>No Fitness</i>
21 <i>Centre Closed</i> <i>Victoria Day</i>	22 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	23 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	24 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	25 9:15 Men's Fitness 10:30 Gentle Fit
28 9:15 Get Fit with Step 10:30 Sculpt & Tone	27 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	28 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	29 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	