



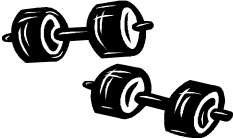




Coronation Centre Fitness

Mon	Tue	Wed	Thu	Fri	Sat
<h1>February</h1>		9:00 Yoga 1 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 2 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 3 9:00 Tai Chi—Beg 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 4 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 6 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 7	9:00 Yoga 8 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 9 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 10 9:00 Tai Chi—Beg 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 11 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 13 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 14	9:00 Yoga 15 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 16 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 17 9:00 Tai Chi—Beg 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 18 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
<h2>Family Day Centre Closed</h2>	9:30 Zumba 21	9:00 Yoga 22 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 23 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 24 9:00 Tai Chi—Beg 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 25 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 27 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi		9:00 Yoga 29 9:15 Men's Fit 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits			
Mon	Tue	Wed	Thu	Fri	Sat
<h1>March</h1>			5:30 Orientation 1 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 2 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 3 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 5 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 6	9:15 Men's Fit 7 9:00 Tai Chi—Beg 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 8 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 9 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	No Weekend Wellness 10
5:30 & 6:45 Zumba 12 6:15 Tai Chi	9:30 Zumba 13	9:15 Men's Fit 14 9:30 Tai Chi— Adv 10:30 Gentle Fit 6:30 Body Circuits	5:30 Orientation 15 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 16 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 17 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 19 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 20	9:15 Men's Fit 21 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 22 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 23 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	8:30—11:30 am 24 Weekend Wellness 9:15 Get Fit All 10:30 Orientation
9:15 Men's Fit 26 10:30 Gentle Fit 1:00 Gentle Fit 2:30 Orientation 5:30 & 6:45 Zumba 6:15 Tai Chi	9:30 Zumba 27	9:00 Yoga 1/5 28 9:15 Men's Fit 9:30 Tai Chi— Adv 10:30 Gentle Fit	5:30 Orientation 29 6:00 Get Fit All 6:15 Tai Chi 7:15 Core Fit	9:15 Get Fit –All 30 9:30 Tai Chi –Adv 10:30 Sculpt & Tone 1:00 Gentle Fit	

MacBain Fitness

Mon	Tue	Wed	Thu	Fri
		1 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	2 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	3 9:15 Men's Fitness 10:30 Gentle Fit
6 9:15 Get Fit with Step 10:30 Sculpt & Tone	7 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	8 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	9 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	10 9:15 Men's Fitness 10:30 Gentle Fit
13 9:15 Get Fit with Step 10:30 Sculpt & Tone	14 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	15 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	16 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	17 9:15 Men's Fitness 10:30 Gentle Fit
FAMILY DAY ²⁰ CENTRE CLOSED	21 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	22 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	23 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 and 1:45 Aqua	24 9:15 Men's Fitness 10:30 Gentle Fit
27 9:15 Get Fit with Step 10:30 Sculpt & Tone	28 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	29 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	FEBRUARY	
Mon	Tue	Wed	Thu	Fri
March			1 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	2 9:15 Men's Fitness 10:30 Gentle Fit
5 9:15 Get Fit with Step 10:30 Sculpt & Tone	10 9:15 Get Fit (2) 10:30 Get Fit (1) 1:00 & 1:45 Aqua 6:00 Get Fit All 7:15 Flex Fit	11 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua 1:45 Deep Water Aqua	12 9:15 Get Fit with Step 10:30 Get Fit (1) 1:00 & 1:45 Aqua	9 9:15 Men's Fitness 10:30 Gentle Fit
12 9:15 Get Fit with Step 10:30 Sculpt & Tone	17 9:15 Get Fit (2) 10:30 Get Fit (1) 6:00 Get Fit All 7:15 Flex Fit	18 9:15 Get Fit All 10:30 Sculpt & Tone 1:00 Aqua	19 9:15 Get Fit with Step 10:30 Get Fit (1)	16 9:15 Men's Fitness 10:30 Gentle Fit
19 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 & 1:45 Aqua	23 9:15 Men's Fitness 10:30 Gentle Fit
26 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	30 9:15 Men's Fitness 10:30 Gentle Fit