

Registered Fitness Schedule Effective: Sep 18-Dec 31

Instructors and schedule may change without notice. **NO CLASS OCT 9 AND NOV 13.**

| Time | Monday | Tuesday | Wednesday | Thursday | Saturday |
|---------------|-------------------------------|------------------------------------|------------------------------|------------------------------|-------------------|
| 6:15-7:00am | | Early Morning Spin | | | |
| 7:00-8:00am | | | | New! Total Ball | |
| 9:15-10:00am | | | New! | | New! Pound |
| 10:05-10:50am | | | Fitness For The Mature Adult | | |
| 10:15-11:00am | New! | Women On Weights | | New! Women On Weights | |
| 12:15-1:00pm | | | | Baby & Me Aqua Fit | |
| 1:00-1:45pm | | New! Yogi's & Boo Boo Bears | | | |
| 1:00-3:00pm | | | Respiratory Rehabilitation | | |
| 1:05-1:50pm | New! Mom & Tot Landfit | | | | |
| 1:15-2:00pm | | | | New! Yoga Tone | |
| 2:00-3:00pm | New! Tai Chi | | Navigator Service | | |
| 2:15-3:00pm | | Spin & Core | | Pre/Post Hip & Knee | New! |
| 3:15-4:00pm | | Spin Blaster | | | |
| 5:00-6:00pm | Trim & Tone | Tabata | Core & More | | |
| 5:45-6:30pm | | | | Spin & Core | |
| 6:00-6:45pm | New! Yoga Tone | | | | |
| 6:30-7:15pm | | Spin & Core | | | |
| 6:45-7:30pm | | | | New! Pound | |
| 7:15-8:00pm | Spin Blaster | | Spin Blaster | | |
| 7:20-8:05pm | | New! Beginner Bootcamp | | | |
| 8:15-9:30pm | | Jiu-Jitsu | | Jiu-Jitsu | |

250-768-4442 • Johnson Bentley Memorial Aquatic Centre

Registered Yoga & Pilates Program Schedule

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| Time | Monday | Tuesday | Wednesday | Thursday |
|---------------|-------------|----------------------------------|-------------------|---|
| Noon-1:00pm | | Yin Yoga | | Yin Yoga |
| 12:05-12:50pm | Aqua Yoga | | Aqua Yoga | |
| 1:00-1:45pm | | New! Yogi's Boo Boo Bears | | |
| 1:15-2:15pm | | Restorative Yoga | | Restorative Yoga Yoga Tone New! |
| 2:00-3:00pm | | | Gentle Chair Yoga | |
| 3:15-4:15pm | | | Gentle Chair Yoga | |
| 5:25-6:25pm | New! | Core Yoga | | Core Power Yoga |
| 6:00-6:45pm | Yoga Tone | | | |
| 7:00-8:00pm | Hatha Yoga | | | |
| 7:45-8:45pm | | | New! | Stretch & Relaxation |
| 8:15-9:00pm | | | | Aqua Yoga |

Early Bird Bonus!

Sign up one week prior to the registered fitness program start date and receive \$5 off!
Must call to register and receive the Early Bird Bonus. Health & Wellness Workshops and Specialty programs are excluded.

