


Custom Classes for your "Bubble"

We are offering a creative way to exercise and stay safe. Deanna, our Fitness Program Co-ordinator is willing to try to create a customized class(es) to suit your "bubble's" needs (household member(s)/friends)! Give Deanna a call at 778-797-7665 and Spring into Action! (Minimum three people.)

Registered Fitness Schedule Effective: Mar 29-Jun 25

Instructors & schedule may change without notice. **NO CLASS APR 2, 5 AND MAY 24.**



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45am	New! Pilates/Yoga Flow Fusion				
10:00-10:45am					New! Latin Flair
10:15-11:00am			Fitness for the Mature Adult	Barre Fusion	
10:30-11:15am	Fitness for the Mature Adult				
11:00-11:45am			New! Pole Walking		
11:15am-Noon		Women on Weights		Women on Weights	T'N'T Tighten & Tone
11:30am-12:15pm	New! Happy Hips		New! Knees Motion		
Noon-12:45pm		Baby & Me Aqua Fit		Baby & Me Aqua Fit	
12:30-1:15pm			Momma Fit		
1:15-2:00pm		New! Fit After 50			
2:15-3:15pm		Tai Chi for Beginners			
5:00-5:45pm	Trim & Tone		Tabata		

Registered Yoga Schedule Effective: Mar 29-Jun 25

Instructors & schedule may change without notice. **NO CLASS APR 2, 5 AND MAY 24.**



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:45am			New! Rise & Shine Aqua Yoga		
10:15-11:00am				Barre Fusion	
10:30-11:15am	Chair Yoga				
11:30am-12:15pm				Yin Yoga	
Noon-12:45pm	Aqua Yoga		Aqua Yoga		Aqua Yoga
12:30-1:15pm		Yin Yoga			
1:00-1:45pm			New! Chair Yoga		
5:30-6:15pm	New! Simply Yoga			Stretch & Relax	
6:00-7:00pm					New! Date Night Yoga
6:30-7:15pm		Aqua Yoga	Gentle Hatha Yoga	Aqua Yoga	
6:45-7:30pm	Yoga Pilate Mix				
7:30-8:15pm		Slow Flow & Restore		Yoga Pilate Mix	

All group fitness programs have been modified to meet the Health and Safety requirements of the Provincial Health Officer.