

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		Body Sculpt Sep 12-Dec 19 <i>Leah</i>	NEW Full Body Power Sep 13-Dec 10 <i>Betty-Lynn</i>	Body Sculpt Sep 14-Dec 21	Step Drills and Thrills Sep 15-Dec 22 <i>Betty-Lynn</i>
10:00 AM-11:00 AM	ReFit Sep 11-Dec 18 <i>Rocio</i>				
10:30 AM-11:30 AM			ReFit Sep 13-Dec 10 <i>Leah</i>		ReFit Sep 15-Dec 22 <i>Betty-Lynn</i>

Schedule subject to change

Fees	Adult (19-64)	Senior 65+/ Youth
Drop-in	\$5.50	\$4.75
10-class card	\$50.50	\$44.00
1-month pass	\$48.50	\$41.00

All fees above subject to change. Prices do not include tax

Body Sculpt

Train smart with a mindful session using dumbbells and bodyweight exercises to get a full body workout. Classes vary each week but are movement pattern based and will always include squat, lunge, bend, twist, push & pull exercises that optimize full body functionality. Build muscular strength and endurance, improve cardiovascular fitness, develop better coordination and improve body awareness while shaping, toning and having fun. Suitable for a range of fitness levels from beginner to advanced.

Step Drills and Thrills

High energy class filled with intervals, choreography, weights and more. Total body from head to toe. Step platform optional and newbies always welcome.

Full Body Power

High Energy Full Body Class to Increase power, strength, endurance and a happy heart. Work at your own pace in interval formats of Tabata, HITT, Ladders and Strong by Zumba Includes warm-up and final stretch.

ReFit-Monday

A fun class including all components of fitness: cardio, strength, balance and flexibility. This class focus on training the body and mind to perform every day activities and avoid injury while doing them. All levels welcome

ReFit-Wednesday

Fitness with Purpose for those needing a lighter pace work-out. Working on internal and external systems to effect change or maintain a desired level of fitness. Fun factor included.

ReFit-Friday

Fitness with Purpose for those needing a lighter pace work-out. Working on internal and external systems to effect change or maintain a desired level of fitness. Fun factor included.



adult & senior