

NOVEMBER & DECEMBER

FITNESS CLASSES



YOGA

MORNING YOGA - TUESDAYS - 9AM

EVENING YOGA - WEDNESDAYS - 5:15PM

CHAIR YOGA - THURSDAYS - 9AM

TARRAH PATCH - INSTRUCTOR

EACH CLASS IS \$10 PER MONTH WITH A
DROP IN FEE OF \$5 PER CLASS

- ❖ DANCE FITNESS
- ❖ MONDAYS & WEDNESDAYS
- ❖ 6PM
- ❖ NATALIE KURRASCH - INSTRUCTOR
- ❖ \$25 PER MONTH

HIIT AND SPINNING

HIIT - MON & WED - 5:30AM

SPIN - TUES & THUR - 5:30AM

CAMILLA, MEL & J'LYN - INSTRUCTORS

EACH CLASS IS \$25 A MONTH OR

YOU CAN DO BOTH FOR \$40 A MONTH

ALL CLASSES HAVE
MINIMUMS THAT MUST
BE MET TO MAKE CLASSES
HAPPEN FOR THE MONTH.

AQUA AEROBICS

MORNING AQUA - MON, WED, FRI - 6:30AM

REBECCA RECTOR - INSTRUCTOR

COST IS DAILY ADMISSION TO REC

EVENING AQUA - TUE & THUR - 4PM

NATALIE KURRASCH - INSTRUCTOR

\$25 PER MONTH