

Terrace Aquatic Centre

Summer Fitness Schedule - Effective Sept 26 – Dec 16					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		<i>6:30-7:20 am</i>		<i>6:30-7:20 am</i>	
		Power Fit		Power Fit	
		<i>8:00-8:50 am</i>		<i>8:00-8:50 am</i>	
		Stretch & Tone		Stretch & Tone	
	<i>9:30-10:20am</i>		<i>9:30-10:20am</i>		<i>9:30-10:20am</i>
	Healthy Hearts		Healthy Hearts		Healthy Hearts
Evening	<i>6:00-6:45 pm</i>	<i>8:00-8:50 pm</i>	<i>6:00-6:45 pm</i>	<i>8:00-8:50 pm</i>	
	Aquafit	Aquafit	Aquafit	Aquafit	

