



Spring Break Fitness Schedule March 8th – March 12th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix		Complete Cardio Mix		Complete Cardio Mix
9:00am	Fitness Fusion		Fitness Fusion		Fitness Fusion
5:00pm	Yoga				
6:30pm		Yoga		Yoga	

Spring Fitness Schedule March 15th – June 25th

NOTE: Tuesday & Thursday 6am classes start March 23rd.

****All 6am classes will be held at Uplands School from March 29th – April 16th, sorry for any inconvenience.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix (see note)	All About Muscle (see note) **Bosu Training	Complete Cardio Mix (see note)	All About Muscle (see note)	Complete Cardio Mix (see note)
9:00am	Step		Athletic Land		Strength Circuit
9:15am		Zumba		Zumba	
10:30am		Fit After 50		Fit After 50	
5:00pm	Yoga				
5:15pm			Total Ball Conditioning		
6:30pm	Cardio Blast **Pilates	Yoga	Zumba	Yoga **Pilates	Zumba
7:30pm	**Body Rolling				
8:15pm	**Adult Ballet				

****These are registration ONLY classes with different start dates. Call early 250-615-300 to avoid disappointment.**