



# **FITNESS CLASSES**



## ***Group Fitness Classes at FMC Summer Schedule***

***Tuesdays - Strength and HIIT w/ Regan- 12:05-12:50***  
***Wednesdays - Full Body Strength w/ Tiana - 12:10-12:50***  
***Thursdays - Hatha Yoga w/ Deanna - 12:05-12:50***

**▶ REGISTER NOW**

**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**