

The Rec Group Fitness Schedule

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-9:30am	Aquatics	Aqua Aerobics - Cindy		Aqua Aerobics - Cindy		Aqua Aerobics - Cindy
11am-12pm	GX1		Performance Pilates - Mark			
11am-12pm	GX2	Stretch & Regen - Sasha	HIIT - Troy	Stretch & Regen - Sasha	HIIT - Troy	
12:30pm-1pm	Gym/GX1	City Wellness - Troy		City Wellness - Troy		
2pm-3pm	Gym/GX1		Salute to Vets - Geff		Salute to Vets - Geff	
2pm-3pm	Gym/GX1		Senior Wellness - Troy		Senior Wellness - Troy	
5pm-6pm	Gym/GX2	Open Box/Kick - Troy*		Open Spin - Troy		
5:30pm-6:30pm	GX1		Youth Dance - Sarah		Youth Dance - Sarah	
5:30pm-6:30pm	GX2		Greatest HIITs - Troy		HIIT & Run - Troy	
6:30pm-7pm	GX1		Body Bar - Sarah		Dance Fusion - Sarah	
6pm-8pm	Aquatics		Night Swim - Brendan		Night Swim - Brendan	

*Private Pilates available only upon request.

BEGINNER (30 min)

FREE

INTERMEDIATE (45 min)

Single Pass = \$5 or Monthly Pass = \$25

ADVANCE (60 min)

Single Pass = \$10 or Monthly Pass = \$50