



# ONLINE GROUP SCHEDULE for the Week of March 23rd

TO REGISTER: CALL or TEXT 604-993-1888

## MONDAY

**5:30pm Upper Body Workout**

## TUESDAY

**10:00am FREE SENIORS CLASS**

**5:30pm Cardio/Upper Body Workout**

## WEDNESDAY

**9:30am Whole Body Conditioning**

**4:30pm CORE Strength/Balance - Colleen**

**5:30pm Lower Body Blast - Colleen**

## THURSDAY

**10:00am FREE SENIORS CLASS**

**5:30pm Cardio KickBoxing & CORE**

## FRIDAYS

**9:30am Whole Body Conditioning**

## SATURDAYS

**9:00am Whole Body Conditioning - Colleen**

**10:00am Stretch & Strength (Myofascial Release Class) - Heather**

**\*Create your own private group with a friend or a few FROM ANYWHERE**  
**\*Call to set up Personal Training or request a partner for Personal Training.**