



☎ 250-475-7100

**Gordon Head Recreation Centre - Fitness Schedule**

**Effective January 3 – June 17**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxer Fit						8:50-9:50am Cancelled	
Hi/Lo Group Fitness	10:10-11:10am		10:10-11:10am		10:10-11:10am		
Core & More	8:00-8:50am	5:00-6:00pm	8:00-8:50am		8:00-8:50am		
TRX*	6:30-7:00am*			4:30-5:00pm*		11:30am-12:00pm*	
Stabilization, Balance & Flexibility (SBF)*				<del>12:00-1:00pm</del> Cancelled			
Lunch Hour Burn	12:00-12:45pm				12:00-12:45pm		
Babes in the Weightroom**	11:00am-1:00pm**			8:00-10:00am**			
Weight Room Circuit Training	9:00-10:00am	10:00-11:00am 5:45-6:45pm	9:00-10:00am	10:00-11:00am 5:45-6:45pm	9:00-10:00am	10:00-11:00am	
Notes & Additional Information	Statutory Holidays: Friday, April 6, Monday, April 9 & Monday, May 21: Hi /Lo Group Fitness (Aerobics) will run 10:15-11:15am *Registered class will accept drop-ins space permitting. **Drop-in rates apply; space is limited. See description in Adult Health & Fitness section of ALG.						