



FITNESS SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 STRECH & CORE 9AM AQUA FIT 10:15AM	2 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	3 SPIN 7:45AM BODY BARRE 9AM	4 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	5 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	6 YOGA 9:30AM SPIN 11AM
7 YOGA FOR GOLF (AND NON-GOLFERS) WORKSHOP 2-4PM	8 STRECH & CORE 9AM POTLUCK LUNCH HIKE TO NEW PLATFORM 10:30 YOGA UNPLUGGED 1PM	9 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	10 SPIN 7:45AM BODY BARRE 9AM	11 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	12 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	13 YOGA 9:30AM SPIN 11AM
14	15 STRECH & CORE 9AM AQUA FIT 10:15AM SUMMER HOURS BEGIN OPEN UNTIL 10 PM	16 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	17 SPIN 7:45AM BODY BARRE 9AM	18 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	19 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	20 YOGA 9:30AM SPIN 11AM
21	22 VICTORIA DAY NO CLASSES	23 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	24 SPIN 7:45AM BODY BARRE 9AM	25 PILATES 8:15AM HIKE & INFO PREDATOR 9AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	26 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	27 YOGA 9:30AM SPIN 11AM
28 YIN YOGA FOR GOLF (AND NON-GOLFERS) WORKSHOP 2-4PM	29 STRECH & CORE 9AM AQUA FIT 10:15AM	30 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	31 SPIN 7:45AM BODY BARRE 9AM	Class Prices <ul style="list-style-type: none">Membership - \$75 (unlimited classes)10x Punch Pass - \$110Drop In - \$14 Sunday Workshops <ul style="list-style-type: none">Homeowner - \$25Non-homeowner - \$30		

CLASS DESCRIPTIONS	
SPIN These classes challenge all fitness levels. Control your own ride through a warm up, sprints, climbs and a cool down. Join us for a high energy fun cardio workout and notice an overall increase in strength and endurance.	AQUA FIT This is a beneficial class for anyone looking to increase strength and flexibility using water resistance. Have fun in the pool while improving overall fitness and balance. A great class appropriate for all fitness levels!
BODY BARRE This class blends light weights & body weight with ballet bar type exercises to tone the body & deep core. Stretching & Fascia release also incorporated.	PILATES Pilates-based workout that will fire your core through a fusion of exercises. Strengthening the body from the inside out, these classes will give you a complete core training program. The rhythmic breathing will help you centre, and keep a steady mind increasing both strength and flexibility throughout your body.
YOGA Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Bring a water bottle, towel, yoga mat	INTRO/FITNESS/TECHNIQUE - SWIM Swimming is an excellent, whole body fitness activity that is easier than you might think. Come out and sample a swimming workout, and see how much fun it can be in a supportive, coached environment. Bring a water bottle, towel