

Winter Fitness Classes

January 10 – March 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 — 10:15 am	STUDIO SPIN <i>at The Studio</i>		HIIT THE BARRE <i>at The Studio</i>	HIPS & HAMMIES YOGA* <i>at Athabasca Room</i>		YOGA FLOW* <i>at The Studio</i>	
10:30 — 11:15 am		GENTLE YOGA* <i>at Athabasca Room</i>				HPTC HIIT <i>at HPTC</i>	
5:30 — 6:15 pm	STUDIO SPIN <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>	STUDIO SPIN <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>			
6:30 — 7:15 pm	ARMS, BOOTY, CORE <i>at The Studio</i>	ZUMBA <i>at The Studio</i>	FULL BODY BLAST <i>at The Studio</i>	STUDIO SPIN <i>at The Studio</i>			
7:30 — 8:15 pm		STUDIO SPIN <i>at The Studio</i>		STUDIO HIIT <i>at The Studio</i>			

FREE for Members & MemberPLUS+

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*Class is 1 hour in length