

SPRING/SUMMER 2018 DROP IN FITNESS SCHEDULE – APRIL - AUG

All drop-in classes are included with purchase of membership or day admission

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep Water Aquafusion 7:00-7:45am	Group Circuit 6:00-7:00am	Aqua Conditioning 7:00-7:45am	Group Circuit 6:00-7:00am		
					Group Circuit 8:00-9:00am
CardioTone 9:00-9:45am & 10:00-10:45am	Core & More 9:00-10:00am	CardioCore 9:00-9:45am & 10:00-10:45am	Gentle Fit 9:00-9:45am	CardioFlex 9:00-9:45am & 10:00-10:45am	
Yoga 9:30-10:30am (ends Jun 25)	FUNctional Fitness 10:00-10:45am	Total Body Fitness 9:30-10:30am	FUNctional Fitness 10:00-10:45am	Step It Up 9:30-10:30am	
		Linedancing Creston Room 10-11am Beg, 11-12pm Inc (ends Jun 13)			
Move to Improve (Parkinson's) 1:00-2:00pm		Move to Improve (Parkinson's) 1:00-2:00pm	Move to Improve (Parkinson's) 1:00-2:00pm		
Sweat & Sculpt 5:00-5:45pm (ends May 28)	Core Power 5:15-6:00pm		Strength & Mobility 5:15-6:15pm	Spintastic! 4:00-4:45pm (call to reserve a bike) (ends Apr 27)	
	Circuit Fusion 6:00-6:45pm (ends Jun 26)		ABSolute! 6:00-6:45pm (ends Jun 28)		

 Aquatic  Dryland  Childminding

No childminding during July & August

Please arrive 5-10 minutes before class begins to:

- o Be ready and setup equipment to start on time
- o Make sure you get a full warmup to reduce injury
- o Introduce yourself to the instructor if you are a new participant
- o Speak with the instructor about any injuries and modifications you require.

Register Today: www.rdck.ca 250-428-7127