

## DROP-IN FITNESS SCHEDULE - APRIL 2 - AUGUST 25

Schedules subject to change

Monday	Tuesday		Wednesday	Thursday	Friday
	Rise & Ride 6:10-7am				
	Gym Circuit 8-9am			Gym Circuit 8-9am	
Studio Circuit 9-10am	Happy Medium Yoga 9-10am	Step 9-10am	BOSU 9-10am	Step 9-10am	Studio Circuit 9-10am
Savvy Seniors 10:15-11:15am	Stretch & Strength 10:15-11:15am	Bellyfit 10:15-11:15am	Barre 10:15-11:15am	Stretch & Strength 10:15-11:15am	Savvy Seniors 10:15-11:15am
Yin Yoga 11:30am-12:30pm	Vinyasa Yoga 11:30am-12:30pm		Yin Yoga 11:30am-12:30pm	Vinyasa Yoga 11:30am-12:30pm	Yin/Yang Yoga 11:30am-12:30pm
Balance & Mobility 11:30am-12:30pm	Core & More 12:10-12:55pm		Balance & Mobility 11:30am-12:30pm		
Barre 5:30-6:30pm	Step 5:30-6:30pm		HIIT 5:30-6:30pm	Barre 5:30-6:30pm	
			Spin & Sculpt 6:45-7:45pm	ZUMBA® 6:45-7:45pm	

## AQUA FIT DROP-IN SCHEDULE - APRIL 2 - AUGUST 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio & Core 8:10-9:10am		Shallow Water Bootcamp 8:10-9:10am		
Half & Half Aqua Fit 9-10am		Aqua Circuit 9-10am		Deep Water Aqua Fit 9-10am	Bootcamp Resistance Training 9-10am
	Gentle Joints 1-2pm		Gentle Joints 1-2pm		
	Shallow Water Bootcamp with Bonnie 7-8pm		Aqua Fit in Motion 7-8pm		

Register Today: [www.rdck.ca](http://www.rdck.ca) 250-365-3386