

# FITNESS CALENDAR

SESSION ONE:

March 17 - May 3

SESSION TWO:

May 5 - June 14

REGISTER  
ONLINE

MONDAY Cancelled April 21 & May 19	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Cancelled April 18	SATURDAY
	<u>WALK FIT</u> 7:00am - 8:00am <b>NEW!</b>	<u>WAKE UP &amp; MOVE</u> 7:00am - 8:00am <b>NEW!</b>			<u>TRX</u> 9:00am - 10:00am
<u>TOTAL BODY CONDITIONING</u> 9:00am - 10:00am	<u>PILATES</u> 9:00am - 10:00am	<u>TOTAL BODY CONDITIONING</u> 9:00am - 10:00am	<u>CHAIR YOGA</u> 9:30am - 10:30am	<u>YIN YANG YOGA</u> 9:00am - 10:00am	<b>SUNDAY</b>
<u>SALSA FITNESS</u> 10:15am - 11:15am	<u>SEATED STRENGTH</u> 9:30am - 10:30am	<u>YOGALATES</u> 10:15am - 11:15am	<u>STRENGTH &amp; STRETCH</u> 11:00am - Noon	<u>GENTAL YOGA</u> 10:15am - 11:15am	<u>LATIN FITNESS</u> 11:00 - Noon
<u>MUSCLE HITT</u> Noon - 12:45pm <b>NEW TIME</b>	<u>STRENGTH &amp; STRETCH</u> 10:45 - 11:45am				
<u>STEP &amp; SCULPT</u> 5:00pm - 6:00pm	<u>YOGA</u> 5:00pm - 6:00pm	<u>MUSCLE CONDITIONING</u> 5:30pm - 6:30pm	<u>YOGA</u> 5:00pm - 6:00pm		

## MULTI-FITNESS CLASS DISCOUNT

Sign-up for multiple dryland fitness classes this spring and recieve great savings on lots of fitness!

Drop-in programs are not eligible. For details visit [huntsville.ca](http://huntsville.ca).

