

Time:	Mon	Tues	Wed	Thurs	Fri
9-10am	Kid Friendly Boot Camp Shaunna		"NEW" 8:30-9:30am Kid Friendly Total Body Shaping Sara		
9-9:45am				"NEW" Step & Pump Shaunna	
9:30-10:30am					Gentle Yoga Kathleen
10:10- 11:10am				All level Yoga Shaunna	
11am -12pm		Yoga For Mobility Mary Eliza			
6:15-7pm				Pedal & Pump Angela Call to reserve your bike.	
6:30-7:30pm			Adult Tap Cassidy		
6:45-7:45pm		Yoga & Pilates Blend Shaunna			
7-8pm	Total Body Shaping Anne				
7:30-8:30pm				Power Yoga Cynthia	
7:35-8:35pm			Zumba Trina		

Classes are all Drop in . Drop in Rates Adults \$8.50 Seniors (55+) \$7.50
SAVE & Buy 10 visit Pass Adults \$75 Seniors \$ 65

Please note if school or buses are cancelled so are our Fitness Classes.
Follow us on Facebook for any other cancellations.

Classes Resume : January 3rd

No Classes: Feb 18,& 20, March 13-17, April 7 &10, May 19 & 22.

All Classes will finish week of June 21

“NEW” Kid Friendly Boot Camp : Monday 9-10 am - Shuanna McNamara. Great full body workout. Using variety of fitness equipment and fitness styles. Each week is different. All levels welcome. Area will be set up for kids to play. Kids are responsibility of the parents.

Total Body Shaping : Monday 7-8 pm Monday Anne MacNeil Full body strength & cardio.

Yoga For Mobility: Tuesday 11am –12pm Mary Eliza Humpries . Yoga can be done in a chair or standing . Improves mobility, sleep, muscle and bone strength. Mary Eliza came to yoga later in life after gone through cancer for a second time. Yoga helped heal her body, mind, heart, and set her on a path that led to becoming yoga instructor at 60.

No Classes Feb 21, Feb 28, Mar 7, Mar 14. All seniors have option \$6.50 Drop in for this class.

Yoga & Pilates Blend: Tuesday 6:45-7:45pm Shauna McNamara Blend between pilates and yoga. Great full body & core workout.

Total Body Shaping : Wednesday 8:30am –9:30am Full Body strength & cardio Sara Philpitt
Starts March 8

Adult Tap Dance: Wednesday 6:30pm –7:30pm with Cassidy Robicheau. Learn the basics of Tap dance. Beginner Level. **Winter Session** Feb 15-March 29 No Class March 15th. \$45
Spring Session April 12-May 31 \$60 Must have Tap Shoes

Zumba: Wednesday 7:35-8:35 pm - Trina Oickle-Pottie. Latin and international music inspired cardio workout. Dance & have fun!

Step & Pump: Thursday 9-9:45 am Starts Feb 23rd with Shauna McNamara
Step and weights.

All Level Yoga :Thursday 10:10-11:10am - Shauna McNamara Class incorporating vinyasa with focus on strength and core.

Pedal & Pump: Thursday 6:15-7pm-Angela MacLeod . Great full body weight workout with spin for cardio. **Please call to reserve your spot.**

Power Yoga: Thursday Cynthia Foley 7:30-8:30pm . Fast paced vinyassa style yoga focus on strength and endurance.

Gentle Yoga: Friday 9:30-10:30 am-Kathleen Manson. Mindful gentle yoga flow with any modifications needed. Great for all levels including beginners.