

| Time: | Mon | Tues | Wed | Thurs | Fri |
|--------------|------------|-------------|--|--|------------|
| 8:30-9:30am | | | | Iron Circuit **July 8-29** Shaunna McNamara | |
| | | | | | |
| 10:-11 am | | | | All Level Yoga **July 8-Aug 19** Shaunna McNamara & Brittany Rogers | |
| 6:15-7:15pm | | | Yoga & Pilates Fusion Class **July 7-28** Shaunna McNamara | | |
| 6:15-7:15pm | | | Power Sculpt **Aug 4-18** Angela Mac-Leod | | |
| 7:30-8:30 pm | | | Zumba **July 7-Aug 18** Trina Oickle Pottie | | |

Morning Classes:

Iron Circuit: Great full body workout using steps, weights, stability balls, TRX, and your body weight. Each class is different. All levels welcome. Work at your own pace.
Thursday 8:30-9:30am July 8-29

All Levels Yoga : All levels welcome. Class incorporating vinyasa with focus on strength and core.
Thursday 10-11am July 8-Aug 19
Please note Shauna will teach month of July and Brittany in Aug.

Evening Classes:

JULY

Yoga & Pilates Fusion Class : All levels welcome.
Class incorporating yoga, pilates, and barre. Focus on strength, core and balance. Wednesday 6:15-7:15pm July 6-22

AUGUST

Power Sculpt: Full body workout with cardio & weights.
Wednesday 6:15-7:15pm Aug 4-18

JULY & AUGUST

Zumba: This Latin and international music inspired cardio workout will have you sweating and learning new dance moves. All levels welcomed. Be prepared to dance and have fun.
Wednesday 7:30-8:30pm July 7-Aug 18

Must call or Facebook message us day before to book your spot in class.

We only have 8 spots available.

Classes will start back September 13th for Fall.