



SPIN & SPIN/TRX

F'Ab Ride

14 years and up
Ride your way to F'abulous abs. This 40 minute ride class is followed by 15 minutes of intensive abdominal work and a 5 minute stretch. Guaranteed to get you in gear. All fitness levels welcome. No classes Apr 14, 15, 17 & May 22.

Instructor: Glenn Hascarl



Monday, Wednesday & Friday
9:00 - 10:00 am Fitness Annex
Mar 27 - May 12 #1246
\$133 + gst
May 15 - Jun 30 #1247
\$140 + gst

**Instructors: Leanne Gray
& Jennifer Barth**

Tuesdays & Thursdays
5:30 - 6:30 pm Fitness Annex
Mar 28 - May 11 #1256
May 16 - Jun 29 #1257
\$98 + gst

Instructor: Jennifer Barth

Saturdays
9:30 - 10:30 am Fitness Annex
Apr 1 - May 13 #1258
\$42 + gst
May 27 - Jun 24 #1259
\$35 + gst

Mom and Babe Spin

NEW!

16 years and up
Get back into fitness and bring your babe to Spin! This baby friendly class allows you to sweat and spin through a 45min workout followed by 15min of stretching, all while being able to attend to your baby's needs. Moms must be 6 weeks post-partum and have seen their doctor/midwife. Pre-mobile babies in a car seat only please. Moms with kids in school welcome too! No classes Apr 17 & May 22.

Instructor: Dana Dixon

Mondays
Mar 27 - May 8 #1262
May 15 - Jun 26 #1263
12:00 - 1:00 pm Fit Annex
\$42 + gst

TRX Suspension Training

14 years and up
The TRX suspension training phenomenon is a new category of exercise for athletes and beginners of all abilities that leverages your bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously. Improve your fitness and strength - no one will be left behind! No classes Apr 17 & May 22.

Instructor: Glenn Hascarl

Mondays & Wednesdays
Mar 27 - May 10 #1245
May 15 - Jun 28 #1251
6:45 - 7:45 pm Fitness Annex
\$91 + gst

Spin It!

14 years and up
This is an ever changing, fast paced, challenging class! No matter if you're a beginner or an advanced spinner, you'll love it! No classes Apr 17.

Instructor: Paul Healey

Mondays & Wednesdays
Mar 27 - May 10 #1260
5:30 - 6:30 pm Fitness Annex
\$91 + gst

Great Start Spin

14 years and up
Fire up your day with an energetic 45 minute spin class. As the sun rises, so will your heart rate. Work with resistance and speed to get your heart pounding and muscles burning.

Instructor: Leanne Gray

Tuesdays & Thursdays
Mar 28 - May 11 #1254
May 16 - Jun 29 #1255
6:15 - 7:00 am Fitness Annex
\$98 + gst

Spin & Core

14 years and up
Power and spin your way through a 40min spin class and finish with an intense 15min core workout! Come join us after school is finished and get your workout out of the way!

Instructor: Laurel Dickson

Tuesdays & Thursdays
Mar 28 - May 11 #1229
May 16 - Jun 29 #1230
4:30 - 5:15 pm Fitness Annex
\$98 + gst

Spin + TRX Combo

14 years and up
The best of both worlds! It's 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX cables followed by 10 minutes of stretching.

Instructor: Glenn Hascarl

Tuesdays & Thursdays
Mar 28 - May 11 Fit Annex
9:00 - 10:00 am #1244
6:45 - 7:45 pm #1242
7:50 - 8:50 pm #1243
May 16 - Jun 29 Fit Annex
9:00 - 10:00 am #1248
6:45 - 7:45 pm #1249
7:50 - 8:50 pm #1250
\$98 + gst



**Childminding or
Preschool programs
available during these
classes. See page 12.**

