

**YOU
CHOOSE
YOUR
FITNESS
SCHEDULE!**

YOU choose your fitness schedule! Register for the Group Fitness Flex Class and have access to 11 classes per week during prime-time hours. Come as often as you want. No pre-booking, no hassle. Show up and work out!

#17675

Mar 31 - Jun 28

\$199 + gst

CONTACT US

Comox Community Centre

1855 Noel Ave, Comox BC
V9M 2H4

250-339-2255

info@comox.ca

www.comox.ca/rec



Spring 2025

**GROUP
FITNESS FLEX**



**TOWN OF COMOX
RECREATION**

Spring 2025

GROUP FITNESS FLEX

Mon	9:00 am	75 min	Room C	Laura	Breathe, Burn & Build Yoga
	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
Tue	4:30 pm	45 min	Spin Room	Carol	Spin & Core
	6:15 pm	45 min	Spin Room	Vicky	Spin & Strength
	6:45 pm	45 min	Spin Room	Laurel	Rhythm Ride
Wed	5:15 pm	60 min	Room C	Suzy	Pilates 101
	5:15 pm	60 min	Spin Room	Paul	Spin & Stretch
Thu	6:15 pm	45 min	Gym A	Vicky	Cardio Strength Fusion
Fri	7:15 am	60 min	Gym A	Michaela	Strength & Cardio Circuit
Sat	8:30 am	75 min	Room B	Laura	Breathe, Burn & Build Yoga
	9:00 am	45 min	Spin Room	Laurel	Rhythm Ride
	10:15 am	45 min	Gym B	Laurel	Buff Body Circuit

We want to build a great program. Classes and schedules subject to change based on attendance and feedback.