



## STRIDES HEALTH AND FITNESS CLUB GROUP FITNESS SCHEDULE

Ph. 883-3800      www.stridesfitness.ca

**Hours of Operation:**

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 9:00pm

Saturday 8:00am - 8:00pm

Sunday 8:00am - 6:00pm

### WINTER 2023 (Starts Jan 2, 2023 )

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room
	8:00am-8:30am <b>MX4</b>  Brandon			8:00am-8:30am <b>MX4</b>  Brandon				8:00am-8:30am <b>MX4</b>  Brandon		8:30am-9:30am <b>SATURDAY SHAKE UP</b> Rotating Instructors			
9am-10:00am <b>TOTAL BODY BURN</b> Brandon				9am - 10:00am <b>TOTAL BODY BURN</b> Brandon				9am - 10:00am <b>TOTAL BODY BURN</b> Brandon		10:00-11:30am <b>HATHA YOGA</b> Julia			
10:30-11:30am <b>FIT, FAB FUN</b> Lorraine		10:00-11:00am <b>YOGA MORNING FLOW ALL LEVELS</b> Julia		10:30-11:30am <b>FIT, FAB FUN</b> Lorraine				10:30- 11:30am <b>Cardio,Stretch &amp; Joint Mobility</b> Darin					
12:15 - 12:45pm <b>MX4</b>  Brandon		12:15-12:45pm <b>MX4</b>  Brandon		12:15-12:45pm <b>MX4</b>  Brandon		12:15-12:45pm <b>MX4</b>  Brandon		12:15-12:45pm <b>MX4</b>  Brandon					
<b>JUNIORS SUMMER PROGRAM</b> Brandon		<b>JUNIORS SUMMER PROGRAM</b> Brandon		<b>JUNIORS SUMMER PROGRAM</b> Brandon		<b>JUNIORS SUMMER PROGRAM</b> Brandon		<b>JUNIORS SUMMER PROGRAM</b> Brandon					
7:00pm-7:30pm <b>MX4</b>  Brandon		6:00-7:00PM <b>TOTAL BODY BURN</b> Jennifer		6:00-7:00pm <b>DE STRESS YOGA</b> Julia	7:00pm-7:30pm <b>MX4</b>  Brandon		6:00-7:00pm <b>SPIN &amp; STRENGTH</b> Scott		7:00pm-7:30pm <b>MX4</b>  Brandon				