



## CENTRE WINTER FITNESS SCHEDULE

**JANUARY 25<sup>TH</sup> - APRIL 16<sup>TH</sup> 2010**

### SPIN

	MON	TUES	WED	THURS	FRI
<b>11:10 AM</b>	Spin Angie Training Room 1				
<b>1:10 PM</b>			Spin Cora Training Room 1		Spin Cora Training Room 1

**JANUARY 25<sup>TH</sup> - APRIL 13<sup>TH</sup> 2010.**

### VINYASA FLOW YOGA

	MON	TUES	WED	THURS	FRI
<b>12:10 PM</b>	Vinyasa Flow Yoga Shannon Aerobic Room 1	Vinyasa Flow Yoga Shannon Aerobic Room 1			

**JANUARY 27 - APRIL 15<sup>TH</sup> 2010.**

### POWER FLEX & FUSION YOGA

	MON	TUES	WED	THURS	FRI
<b>11:10 AM</b>			Power Flex Kathy Aerobic Room 1		
<b>12:10 PM</b>				Fusion Yoga/Pilates Kathy Aerobic Room 1	

**JANUARY 28<sup>TH</sup> - APRIL 15<sup>TH</sup> 2010**

### EVENING YOGA

	MON	TUES	WED	THURS	FRI
<b>5:10 PM</b>				Yoga Aerobic Room 2 Shannon	

*All classes are on a first come first serve basis and classes include a warm-up and cool-down; also classes are 50-minutes in length.*

*Schedule is subject to change with notice*