



# PARKGATE FITNESS CLASSES

## Fall 2008 (Starting Sept 8 th)

Day/Time	Class	Room	Instructor
<b>Monday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W.
9:00am	Fit & Fifty Plus	Gym	Vivian K.
9:15am	Cardio Box	MPR	Kelda G.
10:00am	Stretch (30mins)	Gym	Vivian K.
10:30am	Fit & Sixty Plus	Gym	Vivian K.
7:00pm	Strictly Stretch	MPR	Penny S.
<b>Tuesday</b> 8:30am	Seniors Circuit	Wt. Rm.	Colleen E.
9:15am	Super Step	MPR	Marina R.
11:00am	Supervised Rehab	Wt. Rm.	Sally S/ Michaela J
* 6:00pm	Pump it Up	MPR	Chris K.
<b>Wednesday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W.
9:00am	Fit & Fifty Plus	Gym	Colleen E.
10:00am	Stretch (30mins)	Gym	Colleen E.
10:30am	Fit & Sixty Plus	Gym	Colleen E.
6:15pm	Boot Camp	Gym	Blair P.
<b>NEW TIME</b> 6:00pm	Interval Body Conditioning	MPR	Chris K.
<b>Thursday</b> 8:30am	Seniors Circuit	Wt. Rm.	Colleen E.
9:15am	Super Step	MPR	Bev M.
11:00am	Supervised Rehab	Wt. Rm.	Sally S/ Michaela J
6:15pm	Legs, Bums & Tums	MPR	Judy K.
<b>Friday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Rose L.
9:00am	Fit & Fifty Plus	Youth Crt	Ivana C.
9:10am	Legs, Bums & Tums	MPR	Marina R.
10:00am	Stretch (30mins)	Youth Crt	Ivana C.
10:45am	Fit & Sixty Plus	Youth Crt	Ivana C.
<b>Saturday</b> 9:00am	Boot Camp	Gym	Chris K.
* 9:00am	Pump it Up	MPR	Penny S.
<b>Sunday</b> 9:15am	Circuit Training	Wt. Rm.	Penny S.

- All classes are subject to change without notice.
- \* Pump It Up classes are 1.25hrs in length.

Parkgate Front Desk #604-983-6350

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