



# PARKGATE FITNESS CLASSES

## Summer 2008 - Effective July 2

Day/Time	Class	Room	Instructor
<b>Monday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W.
9:15am	Cardio Box	MPR	Kelda G.
10:30am	Fit & Fifty Plus	MPR	Vivian K.
11:30am	Stretch (30mins)	MPR	Vivian K.
12:00pm	Fit & Sixty Plus	MPR	Vivian K.
<b>Tuesday</b> 8:30am	Seniors Circuit	Wt. Rm.	Colleen
9:15am	Super Step	MPR	Marina R.
11:00am	Supervised Rehab	Wt. Rm.	Sally/Michaela
* 6:00pm	Pump it Up	MPR	Chris K.
<b>Wednesday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W.
10:30am	Fit & Fifty Plus	MPR	Colleen E.
11:30am	Stretch (30mins)	MPR	Colleen E.
6:00pm	Interval Training	MPR	Chris K.
6:15pm	Boot Camp	Gym	Blair P.
<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/Michaela
6:15pm	Legs, Bums & Tums	MPR	Judy K.
<b>Friday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Rose L.
9:10am	Legs, Bums & Tums	MPR	Marina R.
10:30am	Fit & Fifty Plus	MPR	Ivana C.
11:30am	Stretch (30mins)	MPR	Ivana C.
<b>Saturday</b> 9:00am	Boot Camp	Gym	Chris K.
<b>9:00am</b>	Pump it Up	MPR	Charlotte
<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.
- No classes on statutory holidays.

**Parkgate Front Desk - 604-983-6350**