



PARKGATE FITNESS CLASSES

Winter 2010

| Day/Time | Class | Room | Instructor |
|-------------------------|-------------------------------|-----------|---------------------|
| Monday 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. |
| Tuesday 8:30am | Seniors Circuit | Wt. Rm. | Colleen E. |
| 9:15am | Super Step | MPR | Ashifa S. |
| 11:00am | Supervised Rehab | Wt. Rm. | Sally S/ Michaela J |
| * 6:00pm | Pump it Up | MPR | Yvette B. |
| Wednesday 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. |
| NEW! 6:00pm | Cardio Sculpt | MPR | Penny S. |
| 6:15pm | Boot Camp | Gym | Blair P. |
| 7:00pm | Fit & Fifty Plus | MPR | Marianne B. |
| Thursday 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. |
| Friday 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 | Charlotte G. |
| 10:00am | Stretch (30mins) | Youth Crt | Ivana C. |
| 10:30am | Fit & Sixty Plus | Youth Crt | Ivana C. |
| Saturday 8:30am | Boot Camp | Gym | Chris K. |
| * 9:00am | Pump it Up | MPR | Penny S. |
| Sunday 9:15am | Circuit Training | Wt. Rm. | Penny S. |
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- All classes are subject to change without notice.
- * Classes are 1.25hrs in length.
- Childminding available on Friday's from 9:05-10:45am

Parkgate Front Desk #604-983-6350
www.myparkgate.com

