



PARKGATE
COMMUNITY SERVICES SOCIETY



northvanrec

PARKGATE FITNESS CLASSES

Winter 2012 (Jan 3-Mar 31)

Day/Time	Class	Room	Instructor
Monday 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W./Linda B.
9:00am	Fit & Fifty Plus	Gym	Joyce D.
9:15am	Cardio Box	MPR	Kelda G.
10:00am	Stretch (30mins)	Gym	Joyce D.
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.	Michaela J
<i>NEW!</i> 6:00pm	Full Body Blast	MPR	Andrenea T.
Wednesday 7:30am	Phase 4 Cardiac Rehab Program	MPR	Steve W./Linda B.
9:00am	Fit & Fifty Plus	Gym	Colleen E.
10:00am	Stretch (30mins)	Gym	Colleen E.
10:30am	Fit & Sixty Plus	Gym	Colleen E.
<i>NEW!</i> 6:05pm	Cardio Box	MPR	Crystal M.
6:15pm	Boot Camp	Gym	Colleen K.
7:10pm	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.	Michaela J
6:15pm	Legs, Bums & Tums	MPR	Penny S.
Friday 7:30am	Phase 4 Cardiac Rehab Program	MPR	Rose L./Linda B.
9:00am	Fit & Fifty Plus	Gym	Ivana C.
* 9:00am	Step n' Sculpt	MPR	Charlotte G.
10:00am	Stretch (30mins)	Gym	Ivana C.
10:30am	Fit & Sixty Plus	Gym	Ivana C.
Saturday 8:30am	Boot Camp	Gym	Yvette B.
* 9:00am	Pump it Up	MPR	Penny S.
Sunday 9:15am	Circuit Training	Wt. Rm.	Penny S.

- All classes are subject to change without notice.
- Classes with (*) are 1.25hrs in length.

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