



# PARKGATE FITNESS CLASSES

## Spring 2010

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	Ashifa S.
11:00am	Supervised Rehab	Wt. Rm.	Sally S/ Michaela J
* 6:00pm	Pump it Up	MPR	Yvette B.
<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.
<b>NEW!</b> 6:00pm	Cardio Sculpt	MPR	Penny S.
6:15pm	Boot Camp	Gym	Blair P.
7:00pm	Fit & Fifty Plus	MPR	Marianne B.
<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	TBD
<b>Friday</b> 7:30am	Phase 4 Cardiac Rehab Program	MPR	Rose L.
9:00am	Fit & Fifty Plus	Youth Crt	Ivana C.
* 9:10am	Step & Strength	MPR	Charlotte G.
10:00am	Stretch (30mins)	Youth Crt	Ivana C.
10:30am	Fit & Sixty Plus	Youth Crt	Ivana C.
<b>Saturday</b> 8:30am	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.
- \* 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](http://www.myparkgate.com)