



STRIDES HEALTH AND FITNESS CLUB GROUP FITNESS SCHEDULE

Ph. 883-3800 www.stridesfitness.ca

Hours of Operation:

Monday - Friday 5:00am - 8:00pm

Saturday 8:00am - 6:00pm

Sunday 8:00am - 4:00pm

SUMMER 2021 (Starts June21, 2021)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room	Aerobic Room	MX4 Room
		5:30 - 6:30am RISE & GRIND Scott				5:30 - 6:30am RISE & GRIND Scott							
	8:00am-8:30am MX4 Brandon				8:00am-8:30am MX4 Brandon				8:00am-8:30am MX4 Brandon	8:45-9:45am SUPER SPIN Scott			
9am-10:00am TOTAL BODY BURN Nadia		9:00 - 10:00am YOGA MORNING FLOW ALL LEVELS Julia		9am - 10:00am TOTAL BODY BURN Nadia				9am - 10:00am TOTAL BODY BURN Nadia		10:00-11:15am YOGA FOR ALL Julia			
10:30-11:30am FIT, FAB FUN Karen				10:30-11:30am FIT, FAB FUN Karen		10:30- 11:30am Cardio,Stretch & Joint Mobility Karen							
	12:15 - 12:45pm MX4 Brandon				12:15-12:45pm MX4 Brandon				12:15-12:45pm MX4 Brandon				
1:00pm-6:00pm JUNIORS Brandon		1:00pm-6:00pm JUNIORS Brandon		1:00pm-6:00pm JUNIORS Brandon		1:00pm-6:00pm JUNIORS Brandon		1:00pm-6:00pm JUNIORS Brandon					
6:00-7:00pm CUTS & CONDITIONING Brandon		6:00pm-7:00pm TNT TEMPO & TONE Scott			6:00pm-6:30pm MX4 Brandon	6:30pm-7:30pm ZUMBA Darin & Shelley							
				7:00pm-8:00pm DE STRESS YOGA Julia									

SIGN UP POLICY

The sign up board will be posted 15 minutes prior to class. Due to the limited number of spaces in each class Members and Non-Members must be present in the gym to sign their name to the list.