

SUMMER 2024 CLASSES SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|---|---|--|--|
| 6:00-7:00 | | SPIN AND STRENGTH WITH ALEXE (RINK SPIN ROOM) | | SPIN AND STRENGTH WITH ALEXE (RINK SPIN ROOM) | |
| 9:30-10:30 | AQUACIZE (POOL) | | AQUACIZE (POOL) | | AQUACIZE (POOL) |
| 9:30-10:30 | SPIN AND STRENGTH WITH CORI (RINK SPIN ROOM) | | SPIN AND STRENGTH WITH CORI (RINK SPIN ROOM) | | SPIN AND STRETCH WITH CORI (RINK SPIN ROOM) |
| 12:15-12:45 | | SPIN EXPRESS WITH DEBBIE (RINK SPIN ROOM) | SPIN EXPRESS WITH CORI (RINK SPIN ROOM) | SPIN EXPRESS WITH DEBBIE (RINK SPIN ROOM) | EXPRESS STRETCH AND STRENGTHEN WITH CORI |
| 5:45- 6:45 | | AQUACIZE (POOL) | | AQUACIZE (POOL) | |
| | SPIN RYTHM WITH CORI (RINK SPIN ROOM) 6:30-7:15 | CARDIO-DANCE WITH VALÉRIE STARTS JULY 9 6:00-6:45 | | HANGSTRONG WITH ALEXE (ARCHIBALD ROOM) 6:30-7:15 | |

PRICES

- 10\$ PER CLASSES
- 80\$ FOR 10 CLASSES PASS
- INCLUDED IN THE ALL-INCLUSIVE RECREAPLEX MEMBERSHIP

