

WINTER 2024 CLASSES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00	YIN YOGA WITH JILL (ARCHIBALD ROOM)	SPIN AND STRENGTH WITH ALEXE (RINK SPIN ROOM)	YIN YOGA WITH JILL (ARCHIBALD ROOM)	SPIN AND STRENGTH WITH ALEXE (RINK SPIN ROOM)	YIN YOGA WITH JILL (ARCHIBALD ROOM)		
9:30-10:30	AQUACIZE WITH CORI (POOL)		AQUACIZE WITH CORI (POOL)		AQUACIZE WITH CORI (POOL)	POP UP CLASS *NOT INCLUDED IN ANY MEMBERSHIP* ALL PROFITS ARE DIRECTLY REINVESTED IN OUR FITNESS PROGRAMS AND EQUIPMENT*	
12:15-12:45	HANGSTRONG EXPRESS SUSPENSION BANDS (ARCHIBALD ROOM)		SPIN EXPRESS WITH CORI (RINK SPIN ROOM)		SPIN EXPRESS WITH CORI (RINK SPIN ROOM)		
4:45-5:30			CARDIO DANCE WITH VALÉRIE (ARCHIBALD ROOM)				
5:45-6:45		AQUACIZE (POOL) SPIN AND HIIT WITH RACHEL (RINK SPIN ROOM)		AQUACIZE (POOL) SPIN AND HIIT WITH RACHEL (RINK SPIN ROOM)			
6:30-7:30	SPIN WITH CORI (RINK SPIN ROOM)		SPIN WITH DEBBIE (RINK SPIN ROOM)				WELLNESS EVENT (EVERY 2 SUNDAY FROM 6PM TO 8PM) *NOT INCLUDED IN ANY MEMBERSHIP* ALL PROFITS ARE DIRECTLY REINVESTED IN OUR FITNESS PROGRAMS AND EQUIPMENT*
7:30-8:30		YOGA WITH RACHEL (ARCHIBALD ROOM)		HANGSTRONG SUSPENSION BANDS (ARCHIBALD ROOM)			

PRICES

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

