



SALLY BORDEN FITNESS & RECREATION

#FitHappens

NO Drop-in/Plus Member classes on Mar 25 – Mar 28.

1.403.762.6450

banffcentre.ca/sbb

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107 Tunnel Mountain Drive, Banff, AB



The Banff Centre
inspiring **creativity**

SPRING SCHEDULE

SUN	MON	TUES	WED	THURS	FRI
Yin Yoga 4:30 – 5:30 pm No class Mar 27	Noon Spin 12:10 – 1 pm No class Mar 28 Flow Yoga 12:00 – 1:00 pm No class on Mar 28 Boxing Basics 5:15 – 6:15 pm Apr 11 – May 16 Flow Yoga 6:30 – 7:30 pm No class Mar 28 Spin 60 6:30 – 7:30 pm April 11 – May 30	Early Bird Spin 6:45 – 7:45 am Flow Yoga 12:00 – 1:00 pm Yoga for the CORE 5:15 – 6:00 pm April 12 – May 17 Boot Camp 6:15 – 7:15 pm	Early Bird Yoga 6:45 – 7:45 am WOW - Workout of the Week 12:10 – 1:00 pm Pedal to the Metal 5:30 – 6:30 pm March 16 – April 20 Apr 27 – Jun 01 Spring Training 6:30 – 7:30 pm Apr 06 – May 11	Early Bird Spin 6:45 – 7:45 am No class April 14 & 21 Flow Yoga 12:00 – 1:00 pm Yoga for the CORE 5:15 – 6:00 pm April 14 – May 19 Zumba 6:15 – 7:15 pm Spin 90 6:30 – 8:00 pm April 14 – May 26 Yin Yoga 7:30 – 8:30 pm	Noon Spin 12:10 – 1:00 pm No class Mar 25 & April 01 Flow Yoga 12:00 – 1:00 pm No class Mar 25 SAT Morning Flow Yoga 8:45 – 9:45 am No class Mar 26 Morning Spin 9:00 – 9:50 am No class Mar 26

Drop-In (Performance Plus Member Classes) in green.

Fitness registration classes in red.

Spin registration classes in blue.

(Drop-ins welcome to attend registration classes given available space).
 Classes subject to change. *No member/drop-in classes on stat holidays