

## SALLY BORDEN FITNESS & RECREATION

#FitHappens

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

1.403.762.6450 banffcentre.ca/sbb

• facebook/sallybfit 107 Tunnel Mountain Drive, Banff, AB



## **SPRING SCHEDULE**

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

**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