

FALL 2015 Sally Borden Fitness and Recreation Classes Schedule

MON

Noon Fitness

12:10 – 1 pm

Boxing Basics

5:15 – 6:15 pm

Sept 14 – Nov 8

Flow Yoga

6:30 – 7:30 pm

Monday

Night Spin

6:30 – 7:30 pm

Oct 19 – Dec 7

TUES

Flow Yoga

12 – 1 pm

Spin & Yin

5:15 – 6:30 pm

Oct 13 – Dec 01

Boot Camp

6:15 – 7:15 pm

WED

Early Bird Yoga

6:45 – 7:45 am

Morning Masters Swim

7 – 8 am

Sept 9 – Oct 28

Morning Flow Yoga

8:45 – 9:45 am

Zumba®

12 – 1 pm

Lunch Ride

12:10 – 1 pm

Oct 14 – Dec 2

Boxing Basics

5:15 – 6:15 pm

Sept 16 – Oct 28

Spin & Core

5:30 – 7 pm

Sept 23 – Nov 11

Snow Sport Fitness

6:30 – 7:30 pm

Sept 30 – Nov 18

THURS

Early Bird Boot Camp

8:45 – 9:45 am

Flow Yoga

12 – 1 pm

Tabata Time

5:15 – 6 pm

Sept 10 – Oct 29

Zumba®

6:15 – 7:15 pm

Sept 24 – Nov 26

Fit Spin

6:30 – 7:30 pm

Oct 01 – Dec 03

Yin Yoga

7:30 – 8:30 pm

FRI

Early Bird Spin

6:30 – 7:30 am

Oct 23 – Dec 4

Noon Fitness

12:10 – 1 pm

SAT

Morning Flow Yoga

8:45 – 9:45 am

DROP-IN CLASSES

Adults\$13.00

60+\$8.00

10 Visit Pass..... \$100.00

Yoga Mat Rental \$2.00

All SBF&R Drop-in Classes are Free for Performance Plus Members!

Drop-in participants welcome to attend registration classes (given available space).

Classes subject to change.

Visit website for details.

No fitness classes held on statutory holidays.

Drop-In (Performance Plus Member Classes) listed in purple.

Fitness registration classes listed in red.

Spin registration classes in orange