

Sally Borden Fitness & Recreation

WINTER SCHEDULE*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird Spin 6:45 – 7:45 am	Noon Spin 12:10 – 1:00 pm	Early Bird Yoga 6:45 – 7:45 am	Early Bird Spin 6:45 – 7:45 am	TRX New Class! 1 st class Feb 3 9:00 – 9:45 am	Spin + TRX Feb 4 – Mar 11 8:45 – 10:15 am	Yin Yoga 4:30 – 5:30 pm
WOW Workout of the Week 12:10 – 1:00 pm	Flow Yoga 12:00 – 1:00 pm	Master Swim Jan 11 – Mar 22 7:00 – 8:00 am	Flow Yoga 12:00 – 1:00 pm	Noon Spin 12:10 – 1:00 pm	* No classes Dec 24 – Jan 8. Classes to resume the week of January 9, unless noted.	
Spin 60 Jan 16 – Mar 27 5:30 – 6:30 pm	Boot Camp 6:15 – 7:15 pm	WOW Workout of the Week 12:10 – 1:00 pm	Zumba 1 st class Feb 2 6:15 – 7:15 pm	Flow Yoga 12:00 – 1:00 pm	Drop-In (Performance Plus Member Classes) in blue. Pre-Registration classes in orange: minimum numbers must be met one-week prior to start date for class to run.	
Flow Yoga 6:30 – 7:30 pm	New Class! 7:30 – 8:30 pm	Spin 60 Jan 11 – Mar 15 5:30 – 6:30 pm	Spin 90 Jan 19 – Mar 23 6:30 – 8:00 pm	Drop-ins welcome to attend registration classes given available space. Classes subject to change.		
		Boxing FITNESS Jan 11 – Mar 1 6:45 – 7:45 pm	Yin Yoga 7:30 – 8:30 pm	No member/drop-in classes on stat holidays. See website for class details and daily calendar.		