Class Schedule Sept 16 – Dec 20

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 – 7:15 **360 Body** Caron		6:30 – 7:15 **Super Circuit** Tara	
11:30 – 12:15 **Total Body Conditioning** Nicole	11:30 – 12:15 **Vinyasa Flow Yoga** Lindsey Please bring your own mat	11:30 – 12:15 **Zumba** Martha	11:20 – 12:05 **Gentle Yoga Flow** Karen Please bring your own mat	11:45 – 12:30 **360 Body** Shahinda
12:25 – 12:55 **EXPRESS Cycle** Nicole	12:05 – 12:50 FREE Virtual Cycle	12:30 – 1:15 **Barre** Stacy	12:05 – 12:50 **Power Cycle** Lana	12:05 – 12:40 **Cycle & Core** FREE Shelly
		12:35 – 1:20 **Cycle & Sculpt** Christine	12:30 – 1:20 **Kickboxing** Bryan	
	4:45 – 5:30 **Barre** Jeanne		4:30 – 5:15 **BootCamp** Victor	

- **Class Registration begins September 3**; see Class Descriptions for more details and pricing
- There will be **no classes** Monday, October 14 & Monday, November 11
- Please be courteous and **arrive on time** for classes
- All classes are self-paced, which means that you determine the intensity best for you – all levels are welcome
- This schedule is subject to change
- Drop-ins will be available throughout the session for all classes

Please contact Tara Luterbach for assistance or feedback, **tluterbach@towerfitnessatthecore.ca** / 403.441.4962

TOWER FITNESS AT THE CORE