

# SPRING 2024 FEE-BASED SCHEDULE

## MIND/BODY

MAY 6 – JUNE 27

MON	TUES	WED	THURS
<b>REFORMER SCULPT</b> PTS   9:00am   60 min Amanda   M \$140   NM \$160	<b>REFORMER ARC PILATES</b> PTS   12:00pm   60 min Amanda   M \$155   NM \$185	<b>REFORMER ENERGIZE</b> PTS   9am   60 min Amanda   M \$155   NM \$185	<b>REFORMER POWER</b> PTS   5:15pm   60 min Amanda   M \$155   NM \$185
<b>REFORMER ENERGIZE</b> PTS   12pm   60 min Amanda   M \$140   NM \$160	<b>REFORMER FLOW</b> PTS   5:15pm   60 min Shasta   M \$155   NM \$185	<b>SILVER REFORMER</b> PTS   10:45am   60 min Amanda   M \$155   NM \$185	<b>REFORMER SCULPT</b> PTS   6:30pm   60 min Amanda   M \$155   NM \$185
<b>REFORMER POWER</b> PTS   5:15pm   60 min Amanda   M \$140   NM \$160	<b>REFORMER SCULPT</b> PTS   6:30pm   60 min Shasta   M \$155   NM \$185	<b>REFORMER SCULPT</b> PTS   12pm   60 min Amanda   M \$155   NM \$185	
<b>REFORMER SCULPT</b> PTS   6:30pm   60 min Amanda   M \$140   NM \$160	<b>REFORMER FLOW</b> PTS   7:30pm   60 min Shasta   M \$155   NM \$185	<b>REFORMER ALIGN</b> PTS   5:15pm   60 min Kristen   M \$155   NM \$185	
<b>REFORMER SCULPT</b> PTS   7:30pm   60 min Amanda   M \$140   NM \$160		<b>REFORMER ALIGN</b> PTS   6:30pm   60 min Kristen   M \$155   NM \$185	
		<b>REFORMER CORE</b> PTS   7:30pm   60 min Kristen   M \$155   NM \$185	

## SILVER SERIES

MAY 6 – JUNE 21

MON	TUES	WED	THURS	FRI
<b>APEX*</b> MPR   9am   60 min Caitlin & Rori   M \$85 NM \$100	<b>ACTIVE STRENGTH</b> MPR   9am   60 min Beth   M \$50   NM \$65	<b>APEX*</b> MPR   9am   60 min Caitlin & Rori   M \$85 NM \$100	<b>ACTIVE STRENGTH</b> MPR   9am   60 min Shelley   M \$50   NM \$65	<b>APEX*</b> MPR   9am   60 min Caitlin & Rori   M \$85 NM \$100
<b>HAPPY HEARTS FITNESS</b> HS   9:15am   60 min Paul   M \$50   NM \$60	<b>SILVER STRENGTH &amp; BALANCE*</b> MPR   10:30am   60 min Courtni & Phil   M \$60 NM \$70	<b>HAPPY HEARTS FITNESS</b> HS   9:15am   60 min Lauren   M \$50   NM \$60	<b>SILVER STRENGTH &amp; BALANCE*</b> MPR   10:30am   60 min Courtni & Phil   M \$60 NM \$70	<b>HAPPY HEARTS YOGA</b> HS   9:15am   60 min Wendy   M \$85   NM \$95
<b>BODY &amp; BONES A*</b> HS   10:30am   60 min Caitlin & Jacob M \$85   NM \$100	<b>AXON*</b> HS   1:15pm   60 min Caitlin & Rori   M \$75 NM \$90	<b>BODY &amp; BONES A*</b> HS   10:30am   60 min Caitlin & Jacob M \$85   NM \$100	<b>AXON*</b> HS   1:15pm   60 min Caitlin & Rori   M \$75 NM \$90	<b>BODY &amp; BONES A-YOGA</b> HS   10:30am   60 min Wendy   M \$85   NM \$100
<b>BODY &amp; BONES B</b> MPR   10:30am   60 min Amanda & Phil   M \$60 NM \$70		<b>BODY &amp; BONES B</b> MPR   10:30am   60 min Courtni & Phil   M \$60 NM \$70		

\*Dates May Vary due to Instructor Availability. Visit <https://www.unb.ca/fredericton/redsrec/> for full list of dates

## STRENGTH & CONDITIONING

MAY 6 – JUNE 21

MON	TUES	THURS
<b>EXCEL</b> MPR   5pm   60 min Caitlin   M \$90   NM \$105	<b>EXCEL</b> MPR   5pm   60 min Jacob   M \$90   NM \$105	<b>EXCEL</b> MPR   5pm   60 min Jacob   M \$90   NM \$105

The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | [unb.ca/redsrec](http://unb.ca/redsrec) | 453.4579

### LOCATIONS:

**HS:** Hatheway Family Fitness Studio (2nd Floor)

**MPR:** Multi-Purpose Room (2nd Floor)

**PTS:** Private Training Studio (3rd Floor)

\*Prices do not include HST.

Register at <http://recreation.unbf.ca>

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Visit [unb.ca/redsrec](http://unb.ca/redsrec) for more information.