

# SPRING 2024

## FEE-BASED SCHEDULE

### MIND/BODY

MAY 6 – JUNE 27

MON	TUES	WED	THURS
<b>REFORMER SCULPT</b> PTS   9am   60 min Amanda   M \$140   NM \$160	<b>REFORMER ARC PILATES</b> PTS   12pm   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 FOR 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	

#### LOCATION:

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

**M:** Member **NM:** Non-Member

\*Prices do not include HST.

Register at

<http://recreation.unbf.ca>



### STRENGTH & CONDITIONING

MAY 6 – JUNE 20

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



[f](#) [@](#) [t](#) @REDSRec

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