

SPRING 2024

APRIL 29 - JUNE 29

GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI	SAT
7:00 AM			SUNRISE YOGA HS 45 min Carolyn			
8:30 AM						INDOOR CYCLING RR 60 min Various
12:10 PM	CYCLING EXPRESS RR 40 min Paul	DEEPWATER AQUAFIT EXPRESS SMA 40 min Beth	CYCLING EXPRESS RR 40 min Beth	DEEPWATER AQUAFIT EXPRESS SMA 40 min Paul/Line	WOW MPR 50 min Various	
	CORE STRENGTH MPR 50 min Lauren	CARDIO SCULPT MPR 50 min Paul	GROUP RX RIP MPR 50 min Paul	YOGA FLOW HS 50 min Brenda	ZUMBA® HS 50 min Colleen	
				STEP MPR 50 min Paul/Lauren		
5:30 PM	MAT PILATES HS 60 min Kristen		ZUMBA® HS 60 min Leslie			
	INDOOR CYCLING RR 50 min Hannah		INDOOR CYCLING RR 50 min Anne			
6:00 PM		YOGA FLOW HS 60 min Wendy				
6:15 PM		STRENGTH PLUS MPR 60 min Rori	COMPLETE CONDITIONING MPR 60 min Rori	HIIT MPR 60 min Jacob		
7:00 PM	ZUMBA® HS 60 min Rachel			ZUMBA® HS 60 min Marcel		

INTENSITY LEVEL INDICATOR



LOCATIONS (CURRIE CENTER):

HS: Hatheway Family Fitness Studio, 2nd Floor
MPR: Multi-Purpose Room, 2nd Floor
RR: Reilly Family Spin Room, 3rd Floor
SMA: Sir Max Aitken Pool, LB Gym

DISCLAIMER:

Intensity levels are subjective to the individual participant and instructor.

Classes provide modifications and options to allow participants to work at a lesser or greater intensity than indicated.

NOTE:

Instructors are subject to change without notice. REDS Rec trains and certifies group fitness instructors.

New instructors may teach some, or all of class.

INCLUDED IN MEMBERSHIP!
 All classes are FREE for base, combined and student members!



TO VIEW THE CURRENT SCHEDULE ONLINE, SCAN.

