






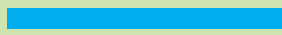




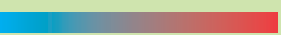





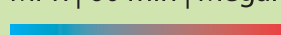


# SPRING 2017

MAY 1<sup>ST</sup> – JUNE 30<sup>TH</sup>

## GROUP FITNESS CLASSES

MON	TUES	WED	THURS	FRI	SAT
12:10pm <b>BOOTCAMP</b> MPR   50 min   Mahdi 	6:30am <b>INDOOR CYCLING</b> RR   50 min   Heather 	7am <b>MORNING MAT BLAST</b> MPR   45 min   Amanda 	6:30am <b>INDOOR CYCLING</b> RR   50 min   Amanda 	12:10pm <b>BYOG BOOTCAMP+</b> MPR   50 min   Wendy 	8:30am <b>INDOOR CYCLING</b> RR   60 min   Danika 
12:10pm <b>CYCLING EXPRESS</b> RR   40 min   Paul 	12:10pm <b>CARDIO SCULPT</b> MPR   50 min   Paul 	12:10pm <b>GROUP RXRIP</b> MPR   50 min   Paul 	12:10pm <b>STEP</b> MPR   50 min   Paul/Lauren 	12:10pm <b>ZUMBA</b> HS   50 min   Stephanie 	
	5pm <b>SIMPLE STRETCH</b> HS   60 min   TBA 	12:10pm <b>CYCLING EXPRESS</b> RR   40 min   Alina/Kit 	12:10pm <b>FLEX &amp; FLOW</b> HS   50 min   Wendy 		
	5:30pm <b>INDOOR CYCLING</b> RR   50 min   Becca 	5pm <b>HIIT &amp; FFC</b> MPR   60 min   Hilary 	5:30pm <b>INDOOR CYCLING</b> RR   50 min   Kit 		
	6:30pm <b>BOOTCAMP</b> MPR   60 min   Megan 		6:30pm <b>MUSCLE MIX</b> MPR   60 min   Megan 		

**GROUP FITNESS:**  
These classes are included in URec Base and Combined Memberships! Participation is by drop-in, therefore no registration required!


**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.


Instructors are subject to change without notice.


**PLEASE NOTE:**  
Follow us at [facebook.com/unb.urec](https://facebook.com/unb.urec) for the latest on cancellations and changes. **Visit [urec.ca](http://urec.ca) for more information**

**LOCATIONS:**  
**HS:** Hatheway Family Fitness Studio (2nd Floor CURRIE CENTER)  
**RR:** Reilly Family Spin Room (3rd Floor, CURRIE CENTER)  
**MPR:** Multi-Purpose Room (2nd Floor CURRIE CENTER)

**INTENSITY LEVEL INDICATOR**

MILD 

MODERATE 

INTERMEDIATE 

CHALLENGING 