

FALL 2017 FEE-BASED PROGRAMS



GENERAL POPULATION

MON	TUES	WED	THURS	FRI
SESSION 1: September 11 - October 27				
12pm YOGA FOR POWER & GRACE HS 60 min Garda	12:10pm PILATES EXPRESS HS 50 min Wendy	12:30pm HOT YOGA EXPRESS HS 50 min Wendy	5:15pm PILATES FLOW HS 60 min Shatsa	8:30pm SALSA ON ONE HS 60 min Otto & Saba
1:15pm TOTAL BARRE PILATES HS 60 min Natasha	6:15pm TOTAL BARRE PILATES HS 60 min Natasha	5:30pm VINYASA YOGA HS 60 min Garda		
7pm TRIM & TONE PILATES HS 60 min Shasta				
FULL SESSION : September 11 – December 15				
5pm EXCEL MPR 60 min Caitlin/Jordan	7am CORE OPERATE HS 45 min Alina	6:15pm BOXING MPR 60 min Crystal	7am CORE OPERATE HS 45 min Alina	7:30pm LATIN DANCE HS 60 min Otto & Saba
6:30pm CAPOEIRA MPR 60 min Andrien	5pm EXCEL MPR 60 min Caitlin/Jordan		5pm EXCEL MPR 60 min Caitlin/Jordan	
				SUN
				3:30pm DANCE BASICS HS 60 min UNB Dance Team

FEE-BASED: Varied classes from beginner to intermediate effort designed to develop your personal fitness level within a progressive group instruction format.

SILVER SERIES

MON	TUES	WED	THURS	FRI
FULL SESSION : September 11 – December 15				
9:15am APEX MPR 60 min Caitlin	9:30am HAPPY HEARTS STRENGTH TRAINING SC 60 min Crystal/Jordan	9:15am APEX MPR 60 min Caitlin	9:30am HAPPY HEARTS STRENGTH TRAINING SC 60 min Crystal/Jordan	9:15am APEX MPR 60 min Caitlin
9:15am HAPPY HEARTS FITNESS HS 60 min Lauren	10:45am SILVER YOGA HS 60 min Garda	9:15am HAPPY HEARTS FITNESS HS 60 min Wendy	1:15pm AXON HS 60 min Caitlin/Mark	9:15am HAPPY HEARTS YOGA HS 60 min Alina
10:30am BODY & BONES HS 60 min Caitlin	1:15pm AXON HS 60 min Caitlin/Mark	10:30am BODY & BONES HS 60 min Caitlin	2:30pm SILVER STRIDES MPR&Track 60 min Mark	10:30am BODY & BONES HS 60 min Alina
	2:30pm SILVER STRIDES MPR&Track 60 min Mark	1:30pm PILATES FOR BALANCE NEW! HS 60 min Wendy		

SILVER SERIES: Programs designed for older adults seeking to improve and maintain a healthy, active lifestyle, while also addressing special conditions.

LOCATIONS:

HS: Hatheway Family Fitness Studio (2nd Floor CURRIE CENTER)

MPR: Multi-Purpose Room (2nd Floor CURRIE CENTER)

SC: Strength Centre (3rd Floor CURRIE CENTER)

Visit urec.ca for more information
PLEASE NOTE: Drop-ins available for General Population Programs.

For program dates, times and fees, please visit urec.ca

Follow us on Facebook at www.facebook.com/unb.urec for the latest on cancellations and changes.