

# FALL 2017

## FEE-BASED PROGRAMS

### GENERAL POPULATION

SESSION II: October 30 – December 15

| MON    |  | TUES    |   | WED    |  | THURS      |  |
|--------|--|---------|---|--------|--|------------|--|
| 12pm   | <b>YOGA FOR POWER &amp; GRACE</b><br>HS   60 min   Garda | 12:10pm | <b>PILATES EXPRESS</b><br>HS   50 min   Wendy       | 5:30pm | <b>VINYASA YOGA</b><br>HS   60 min   Garda | 5:15pm     | <b>PILATES FLOW</b><br>HS   60 min   Shasta        |
| 1:15pm | <b>TOTAL BARRE PILATES</b><br>HS   60 min   Natasha      | 6:15pm  | <b>TOTAL BARRE PILATES</b><br>HS   60 min   Natasha |        |  | <b>SUN</b> |  |
| 7pm    | <b>TRIM &amp; TONE PILATES</b><br>HS   60 min   Shasta   |         |   |        |  | 3:30pm     | <b>DANCE BASICS: BALLET</b><br>HS   60 min   Molly |

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

### SEMI-PRIVATE PROGRAMS

| MON     |  | TUES   |  | WED    |   | THURS  |  |
|---------|--|--------|--|--------|---|--------|--|
| 7am     | <b>REFORMER</b><br>PTS   60 min   Garda            | 9:30am | <b>REFORMER</b><br>PTS   60 min   Garda              | 7am    | <b>MAT/REFORMER</b><br>PTS   60 min   Garda | 7am    | <b>REFORMER ADVANCED</b><br>PTS   60 min   Garda     |
| 10:45am | <b>MAT/REFORMER SILVER</b><br>PTS   60 min   Garda | 11am   | <b>MAT/REFORMER</b><br>PTS   60 min   Natasha        | 10am   | <b>REFORMER</b><br>PTS   60 min   Lindsey   | 8:15am | <b>MAT/REFORMER SILVER</b><br>PTS   60 min   Garda   |
| 5:15pm  | <b>MAT/REFORMER</b><br>PTS   60 min   Garda        | 12pm   | <b>MAT/REFORMER ADVANCED</b><br>PTS   60 min   Garda | 12pm   | <b>MAT/REFORMER</b><br>PTS   60 min   Garda | 9:30am | <b>REFORMER SILVER</b><br>PTS   60 min   Garda       |
| 6:15pm  | <b>REFORMER ADVANCED</b><br>PTS   60 min   Garda   | 5:15pm | <b>MAT/REFORMER</b><br>PTS   60 min   Garda          | 2pm    | <b>REFORMER</b><br>PTS   60 min   Shasta    | 11am   | <b>MAT/REFORMER</b><br>PTS   60 min   Natasha        |
|         |  | 6:15pm | <b>REFORMER ADVANCED</b><br>PTS   60 min   Garda     | 5:15pm | <b>REFORMER</b><br>PTS   60 min   Shasta    | 12pm   | <b>MAT/REFORMER ADVANCED</b><br>PTS   60 min   Garda |
|         |  |        |  | 6:30pm | <b>REFORMER</b><br>PTS   60 min   Shasta    | 6:30pm | <b>REFORMER</b><br>PTS   60 min   Shasta             |

**SEMI-PRIVATE:** Small group numbers for lots of individual attention, improving your practice in a controlled environment.

**SEMI-PRIVATE SILVER:** Designed for older adults to include special considerations within the semi-private setting.

**LOCATIONS:**

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

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

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

**PLEASE NOTE:**

Drop-ins available for various General Population Programs.

For program dates, times and fees, please visit [urec.ca](http://urec.ca)

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