
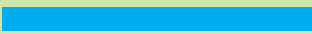









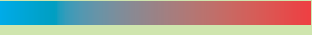






SUMMMER 2017

JULY 4TH – SEPTEMBER 1ST

GROUP FITNESS CLASSES

MON	TUES	WED	THURS	FRI
12:10pm BOOTCAMP MPR 50 min Mahdi 	12:10pm CARDIO SCULPT MPR 50 min Paul 	7am MORNING MAT BLAST MPR 45 min Amanda 	12:10pm STEP MPR 50 min Paul/Lauren 	12:10pm BYOG BOOTCAMP+ MPR 50 min Hilary 
12:10pm CYCLING EXPRESS RR 40 min Kit 	5pm SIMPLE STRETCH HS 60 min Wendy 	12:10pm GROUP RXRIP MPR 50 min Paul 	12:10pm FLEX & FLOW HS 50 min Wendy 	12:10pm ZUMBA HS 50 min Stephanie  No class July 27 & August 3
	5:30pm INDOOR CYCLING RR 50 min Becca/Danika 	12:10pm CYCLING EXPRESS RR 40 min Jackie 	5:30pm INDOOR CYCLING RR 50 min Kit 	
	6:30pm BOOTCAMP MPR 60 min Megan 	5pm HIIT & FFC MPR 60 min Hilary 	6:30pm MUSCLE MIX MPR 60 min Megan 	

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.

Please note: There are no Group Fitness classes on Monday, July 3 (In lieu of Canada Day) and Monday, August 7th (New Brunswick Day)

Instructors are subject to change without notice.

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




PLEASE NOTE:

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