

WINTER 2024

FEE-BASED SCHEDULE
FULL SESSION: JAN 8 – APR 26
SESSION I: JAN 8 – MAR 1

MIND/BODY				
MON	TUES	WED	THURS	FRI
REFORMER SCULPT PTS 9am 60 min Amanda M \$140 NM \$160	PILATES ARC HS 12pm 60 min Amanda M \$155 NM \$185	REFORMER ENERGIZE PTS 9am 60 min Amanda M \$155 NM \$185	REFORMER POWER PTS 5:15pm 60 min Amanda M \$155 NM \$185	REFORMER CORE PTS 12pm 60 min Kristen M \$155 NM \$185
REFORMER ENERGIZE PTS 12pm 60 min Amanda M \$140 NM \$160	REFORMER FLOW PTS 5:15pm 60 min Shasta M \$155 NM \$185	SILVER REFORMER PTS 10:45am 60 min Amanda M \$155 NM \$185	REFORMER SCULPT PTS 6:30pm 60 min Amanda M \$155 NM \$185	
REFORMER FUNDAMENTALS PTS 5:15pm 60 min Amanda M \$140 NM \$160	REFORMER SCULPT PTS 6:30pm 60 min Shasta M \$155 NM \$185	REFORMER SCULPT PTS 12pm 60 min Amanda M \$155 NM \$185		
REFORMER SCULPT PTS 6:30pm 60 min Amanda M \$140 NM \$160	REFORMER FLOW PTS 7:30pm 60 min Shasta M \$155 NM \$185	REFORMER ALIGN PTS 5:30pm 60 min Kristen M \$155 NM \$185		
REFORMER SCULPT PTS 7:30pm 60 min Amanda M \$140 NM \$160		REFORMER ALIGN PTS 6:45pm 60 min Kristen M \$155 NM \$185		

SILVER SERIES				
MON	TUES	WED	THURS	FRI
APEX MPR 9am 60 min Caitlin & Rori M \$165 NM \$195	ACTIVE STRENGTH MPR 9am 60 min Rori M \$170 NM \$200	APEX MPR 9am 60 min Caitlin & Rori M \$165 NM \$195	ACTIVE STRENGTH MPR 9am 60 min Shelley M \$170 NM \$200	APEX MPR 9am 60 min Caitlin & Rori M \$165 NM \$195
HAPPY HEARTS FITNESS HS 9:15am 60 min Paul M \$105 NM \$125	SILVER STRENGTH & BALANCE MPR 10:30am 60 min Courtnei & Phil M \$120 NM \$140	HAPPY HEARTS FITNESS HS 9:15am 60 min Lauren M \$105 NM \$125	SILVER STRENGTH & BALANCE MPR 10:30am 60 min Courtnei & Phil M \$120 NM \$140	HAPPY HEARTS YOGA HS 9:15am 60 min Wendy M \$145 NM \$170
BODY & BONES A HS 10:30am 60 min Caitlin & Jacob M \$165 NM \$195	AXON HS 10:45am 60 min Caitlin & Rori M \$160 NM \$190	BODY & BONES A HS 10:30am 60 min Caitlin & Jacob M \$165 NM \$195	AXON HS 10:45pm 60 min Caitlin & Rori M \$160 NM \$190	BODY & BONES A-YOGA HS 10:30am 60 min Wendy M \$165 NM \$195
BODY & BONES B MPR 10:30am 60 min Amanda & Phil M \$165 NM \$195		BODY & BONES B MPR 10:30am 60 min Courtnei & Phil M \$165 NM \$195		BODY & BONES B MPR 10:30am 60 min Courtnei & Jacob M \$165 NM \$195
		ACTIVE STRENGTH HS 12pm 60 min Jacob M \$170 NM \$200		

STRENGTH & CONDITIONING		
MON	TUES	THURS
EXCEL MPR 5pm 60 min Caitlin M \$195 NM \$230	EXCEL MPR 5pm 60 min Jacob M \$195 NM \$230	EXCEL MPR 5pm 60 min Jacob M \$195 NM \$230

The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | unb.ca/redsrec | 453.4579

LOCATIONS:

HS: Hatheway Family Fitness Studio (2nd Floor)

MPR: Multi-Purpose Room (2nd Floor)

PTS: Private Training Studio (3rd Floor)

***Prices do not include HST.**

Register at <http://recreation.unbf.ca>

   @REDSRec



REDS RECREATION

Visit unb.ca/redsrec for more information.