

# WINTER 2023

FEE-BASED SCHEDULE | FULL SESSION PROGRAMS: JANUARY 9<sup>TH</sup> – APRIL 21<sup>ST</sup>  
SESSION I PROGRAMS: JANUARY 9<sup>TH</sup> – MARCH 4<sup>TH</sup>

## MIND/BODY

MON	TUES	WED	THURS	SAT
<b>REFORMER ENERGIZE</b> PTS   12pm   60 min Amanda   M \$130 NM \$155	<b>REFORMER FLOW</b> PTS   5:15pm   60 min Shasta   M \$150   NM \$180	<b>REFORMER ENERGIZE</b> PTS   9am   60 min Amanda   M \$150   NM \$180	<b>REFORMER POWER</b> PTS   5:15pm   60 min Amanda   M \$150   NM \$180	<b>BEGINNER YOGA</b> HS   10am   60 min Mandy   M \$85   NM \$100
<b>REFORMER FOR BEGINNERS</b> PTS   5:15pm   60 min Amanda   M \$130   NM \$155	<b>REFORMER SCULPT</b> PTS   6:30pm   60 min Shasta   M \$150   NM \$180	<b>SILVER REFORMER</b> PTS   10:45am   60 min Amanda   M \$150   NM \$180	<b>PILATES FUSION</b> HS   6pm   60 min Samantha   M \$85   NM \$100	
<b>REFORMER SCULPT</b> PTS   6:30pm   60 min Amanda   M \$130   NM \$155	<b>REFORMER FLOW</b> PTS   7:45pm   60 min Shasta   M \$150   NM \$180	<b>REFORMER SCULPT</b> PTS   12pm   60 min Amanda   M \$150   NM \$180	<b>REFORMER FOR BEGINNERS</b> PTS   6:30pm   60 min Amanda   M \$150   NM \$180	

## SILVER SERIES

MON	TUES	WED	THURS	FRI
<b>APEX</b> MPR   9am   60 min Caitlin & Mohammad   M \$140   NM \$165	<b>ACTIVE STRENGTH</b> MPR   10am   60 min Courtnei   M \$100   NM \$120	<b>APEX</b> MPR   9am   60 min Caitlin & Mohammad   M \$140   NM \$165	<b>ACTIVE STRENGTH</b> MPR   10am   60 min Courtnei   M \$100   NM \$120	<b>APEX</b> MPR   9am   60 min Caitlin & Mohammad   M \$140   NM \$165
<b>HAPPY HEARTS FITNESS</b> HS   9:15am   60 min Lauren   M \$95   NM \$115	<b>CHAIR YOGA</b> HS   10:30am   60 min Wendy   M \$140   NM \$165	<b>HAPPY HEARTS FITNESS</b> HS   9:15am   60 min Lauren   M \$95   NM \$115	<b>AXON</b> HS   1:15pm   60 min Caitlin & Shea   M \$140   NM \$165	<b>HAPPY HEARTS YOGA</b> HS   9:15am   60 min Wendy   M \$130   NM \$155
<b>BODY &amp; BONES</b> HS   10:30am   60 min Caitlin & Mohammad   M \$140   NM \$165	<b>AXON</b> HS   1:15pm   60 min Caitlin & Shea   M \$140   NM \$165	<b>BODY &amp; BONES</b> HS   10:30am   60 min Caitlin & Mohammad   M \$140   NM \$165	<b>SILVER STRENGTH &amp; BALANCE</b> MPR   1:30pm   60 min Mohammad   M \$100   NM \$120	<b>BODY &amp; BONES</b> HS   10:30am   60 min Wendy   M \$140   NM \$165
<b>SURVIVE &amp; THRIVE</b> HS   3:30pm   60 min Caitlin   M \$95   NM \$115	<b>SILVER STRENGTH &amp; BALANCE</b> MPR   1:30pm   60 min Mohammad   M \$100   NM \$120	<b>SURVIVE &amp; THRIVE</b> HS   3:30pm   60 min Caitlin   M \$95   NM \$115		

## STRENGTH & CONDITIONING

MON	TUES	WED	THURS
<b>EXCEL</b> MPR   5pm   60 min Caitlin   M \$170   NM \$200	<b>EXCEL</b> MPR   5pm   60 min Mohammad   M \$170   NM \$200		<b>EXCEL</b> MPR   5pm   60 min Martine   M \$170   NM \$200
<b>BOXING **</b> MPR   7pm   60 min Mustafa   M \$175   NM \$205		<b>BOXING **</b> MPR   7pm   60 min Mustafa   M \$175   NM \$205	

\*\* Program will run January 16 - April 19

The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | [unb.ca/redsrec](http://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)

Register at [recreation.unbf.ca](http://recreation.unbf.ca)

\*Prices do not include HST.

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