

SUMMER 2023

FEE-BASED SCHEDULE | JULY 4 - AUGUST 25

MIND/BODY

MON	TUES	WED	THURS
REFORMER ENERGIZE PTS 12pm 60 min Amanda M \$110 NM \$130	REFORMER FLOW PTS 5:15pm 60 min Shasta M \$150 NM \$180	REFORMER ENERGIZE PTS 9am 60 min Amanda M \$150 NM \$180	REFORMER POWER PTS 5:15pm 60 min Amanda M \$150 NM \$180
REFORMER FOR BEGINNERS PTS 5:15pm 60 min Amanda M \$110 NM \$130	REFORMER SCULPT PTS 6:30pm 60 min Shasta M \$150 NM \$180	SILVER REFORMER PTS 10:45am 60 min Amanda M \$150 NM \$180	PILATES STRONG HS 6pm 60 min Kristen M \$100 NM \$120
REFORMER SCULPT PTS 6:30pm 60 min Amanda M \$110 NM \$130	REFORMER FLOW PTS 7:30pm 60 min Shasta M \$150 NM \$180	REFORMER SCULPT PTS 12pm 60 min Amanda M \$150 NM \$180	REFORMER SCULPT PTS 6:30pm 60 min Amanda M \$150 NM \$180
REFORMER SCULPT PTS 7:30pm 60 min Amanda M \$110 NM \$130		REFORMER TRAINING** PTS 5:30pm 60 min Kristen M \$95 NM \$110	

** This class is offered at a reduced rate as it will be lead by an instructor in training.

STRENGTH & CONDITIONING

TUES	THURS
EXCEL MPR 5pm 60 min Mohammad M \$100 NM \$120	EXCEL MPR 5pm 60 min Martine M \$100 NM \$120

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

LOCATION:

PTS: Private Training Studio
(3rd floor)

MPR: Multi-Purpose Room
(2nd Floor)

M: Member **NM:** Non-Member

***Prices do not include HST.**

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



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