### GROUP FITNESS

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tbody>
<tr>
<td>12:10 PM</td>
<td>CYCLING EXPRESS</td>
<td>CARDIO SCULPT</td>
<td>GROUP RX RIP</td>
<td>YOGA FLOW</td>
<td>WOW</td>
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<td></td>
<td>RR</td>
<td>40 min</td>
<td>Paul</td>
<td>MPR</td>
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<td>5:30 PM</td>
<td>CORE STRENGTH</td>
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<td>MPR</td>
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<tr>
<td>6:00 PM</td>
<td>YOGA FLOW</td>
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<td>HS</td>
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<td>Wendy</td>
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<td>6:15 PM</td>
<td>STRENGTH PLUS</td>
<td>COMPLETE CONDITIONING</td>
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<td>MPR</td>
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<td>Rori</td>
<td>MPR</td>
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<td>7:00 PM</td>
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<td></td>
<td>HS</td>
<td>60 min</td>
<td>Rachel/Colleen</td>
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**LOCATIONS (CURRIE CENTER):**
- HS: Hatheway Family Fitness Studio, 2nd Floor
- MPR: Multi-Purpose Room, 2nd Floor
- RR: Reilly Family Spin Room, 3rd Floor
- SMA: Sir Max Aitken Pool, LB Gym

**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.

**NOTE:**
Instructors are subject to change without notice. REDS Rec trains and certifies group fitness instructors.
New instructors may teach some, or all of class.

**INCLUDED IN MEMBERSHIP!**
All classes are FREE for base, combined and student members!