## WINTER 2024

JANUARY 2 – APRIL 27

### GROUP FITNESS

#### TIME
- 7:00 AM
- 8:30 AM
- 12:10 PM
- 5:30 PM
- 6:00 PM
- 6:15 PM
- 7:00 PM

#### DAYS
- MON
- TUE
- WED
- THU
- FRI

#### SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td><strong>SUNRISE YOGA</strong>&lt;br&gt;HS</td>
<td>45 min</td>
<td>Carolyn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 AM</td>
<td><strong>INDOOR CYCLING</strong>&lt;br&gt;RR</td>
<td>60 min</td>
<td>Various</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:10 PM</td>
<td><strong>CYCLING EXPRESS</strong>&lt;br&gt;RR</td>
<td>40 min</td>
<td>Paul</td>
<td><strong>DEEP WATER AQUAFIT EXPRESS</strong>&lt;br&gt;SMA</td>
<td>40 min</td>
</tr>
<tr>
<td>5:30 PM</td>
<td><strong>INDOOR CYCLING</strong>&lt;br&gt;RR</td>
<td>50 min</td>
<td>Hannah</td>
<td><strong>INDOOR CYCLING</strong>&lt;br&gt;RR</td>
<td>50 min</td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>YOGA FLOW</strong>&lt;br&gt;HS</td>
<td>60 min</td>
<td>Wendy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 PM</td>
<td><strong>STRENGTH PLUS</strong>&lt;br&gt;MPR</td>
<td>60 min</td>
<td>Rori</td>
<td><strong>HIIT</strong>&lt;br&gt;MPR</td>
<td>60 min</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>ZUMBA®</strong>&lt;br&gt;HS</td>
<td>60 min</td>
<td>Rachel</td>
<td><strong>ZUMBA®</strong>&lt;br&gt;HS</td>
<td>60 min</td>
</tr>
</tbody>
</table>

**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.

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

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

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**INTENSITY LEVEL INDICATOR**
- MILD
- MODERATE
- INTERMEDIATE
- CHALLENGING

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**TO VIEW THE CURRENT SCHEDULE ONLINE, SCAN.**