















WINTER 2024

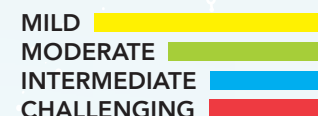
JANUARY 2 – APRIL 27

GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI
7:00 AM			SUNRISE YOGA HS 45 min Carolyn 		
8:30 AM					INDOOR CYCLING RR 60 min Various 
	CYCLING EXPRESS RR 40 min Paul 	DEEP WATER AQUAFIT EXPRESS SMA 40 min Beth 	CYCLING EXPRESS RR 40 min Beth 	DEEP WATER AQUAFIT EXPRESS SMA 40 min Paul/Line 	WOW MPR 50 min Shea 
12:10 PM	CORE STRENGTH MPR 50 min Shea 	CARDIO SCULPT MPR 50 min Paul 	GROUP RX RIP MPR 50 min Paul 	YOGA FLOW HS 50 min Wendy/ Brenda 	ZUMBA® HS 60 min Colleen 
				STEP MPR 50 min Paul/ Lauren 	
5:30 PM	INDOOR CYCLING RR 50 min Hannah 		INDOOR CYCLING RR 50 min Anne 		
	MAT PILATES HS 60 min Kristen 		ZUMBA® HS 60 min Leslie 		
6:00 PM		YOGA FLOW HS 60 min Wendy 			
6:15 PM		STRENGTH PLUS MPR 60 min Rori 		HIIT MPR 60 min Jacob 	
7:00 PM	ZUMBA® HS 60 min Rachel 			ZUMBA® HS 60 min Marcel 	



INTENSITY LEVEL INDICATOR



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.

REDS
RECREATION

TO VIEW THE CURRENT SCHEDULE ONLINE, SCAN.

