## GENERAL POPULATION

### WINTER 2020

#### SESSION II

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 AM</td>
<td>CORE OPERATE HS</td>
<td>45 min</td>
<td>Alina/Amanda</td>
<td>M $65</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>CORE OPERATE HS</td>
<td>45 min</td>
<td>Alina/Amanda</td>
<td>M $65</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>YOGA FOR POWER &amp; GRACE HS</td>
<td>60 min</td>
<td>Garda</td>
<td>M $70</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>PILATES WITH PROPS HS</td>
<td>60 min</td>
<td>Amanda</td>
<td>M $80</td>
</tr>
<tr>
<td>6:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PRICES: +HST**

- **M** – MEMBER
- **NM** – NON MEMBER

Register in person (1st floor CURRIE CENTER), by phone (453.4579), or online at recreation.unb.ca

**QUESTIONS:**

Contact Lauren Rogers at lrogers@unb.ca

**LOCATION (CURRIE CENTER):**

HS: Hatheway Family Fitness Studio, 2nd Floor

**ADDITIONAL NOTES:**

- No class April 13 (Easter Monday)
# REFORMER PILATES

## WINTER 2020

### SESSION II

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>TRIM &amp; TONE</td>
<td>FLOW</td>
<td>CARDIO</td>
<td>SILVER FLOW</td>
</tr>
<tr>
<td></td>
<td>PTS 1 60 min</td>
<td>Natasha</td>
<td>PTS 1 60 min</td>
<td>Natasha</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>CARDIO BARRE*</td>
<td>FLOW</td>
<td></td>
<td>TRIM &amp; TONE</td>
</tr>
<tr>
<td></td>
<td>PTS 1 60 min</td>
<td>Natasha</td>
<td></td>
<td>PTS 1 60 min</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>FLOW</td>
<td>CARDIO</td>
<td></td>
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<tr>
<td></td>
<td>PTS 1 60 min</td>
<td>Natasha</td>
<td></td>
<td>PTS 1 60 min</td>
</tr>
</tbody>
</table>

### WORKSHOPS

- **REFORMER STRETCH**: SATURDAY MAR. 28
- **REFORMER YOGA**: SATURDAY APR. 25

9:00AM | PTS | 75 MIN | NATASHA | M $25 | NM $30

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**PRICES**: +HST
- MONDAY CLASSES: $128 (MEMBER) $154 (NON MEMBER)
- ALL OTHER CLASSES: +HST $147 (MEMBER) $176 (NON MEMBER)

Register in person (1st floor CURRIE CENTER), by phone (453.4579) or online at recreation.unbf.ca

**QUESTIONS**: Contact Lauren Rogers at lrogers@unb.ca

**LOCATION (CURRIE CENTER)**:
- PTS: Private Training Studio, 3rd Floor

**ADDITIONAL NOTES**:
- No class April 13 (Easter Monday)
- * Prior reformer experience is considered an asset
## WINTER 2020

### TIME | MON | TUES | WED | THURS | FRI
--- | --- | --- | --- | --- | ---
9:15 AM | APEX
MPR 60 min I Jordan/Caitlin
M $160 | NM $185 | APEX
MPR 60 min I Caitlin/Jordan
M $160 | NM $185 | APEX
MPR 60 min I Jordan/Caitlin
M $160 | NM $185 |
HAPPY HEARTS FITNESS
HS 60 min I Lauren
M $90 | NM $115 | HAPPY HEARTS FITNESS
HS 60 min I Wendy
M $90 | NM $115 | HAPPY HEARTS YOGA
HS 60 min I Barbara
M $140 | NM $165 |
9:30 AM | HAPPY HEARTS STRENGTH TRAINING
SC 60 min I Crystal/Marcus
M $100 | NM $120 | HAPPY HEARTS STRENGTH TRAINING
SC 60 min I Crystal/Marcus
M $100 | NM $120 |
BODY & BONES
HS 60 min I Caitlin/Jordan
M $145 | NM $169 |
10:30 AM | BODY & BONES
HS 60 min I Caitlin/Jordan
M $145 | NM $169 | BODY & BONES
HS 60 min I Caitlin/Jordan
M $145 | NM $169 |
HAPPY HEARTS STRENGTH TRAINING
SC 60 min I Crystal/Marcus
M $100 | NM $120 | HAPPY HEARTS STRENGTH TRAINING
SC 60 min I Crystal/Marcus
M $100 | NM $120 |
10:45 AM | SILVER YOGA
HS 60 min I Garda
M $150 | NM $180 | SILVER PLATES
HS 60 min I Garda
M $150 | NM $180 |
1:15 PM | AXON
HS 60 min I Caitlin/ Jason
M $150 | NM $175 | AXON
HS 60 min I Caitlin/ Jason
M $150 | NM $175 |
2:30 PM | SILVER STRIDES
MPR&Track 60 min I Jason/Sam
M $120 | NM $150 | SILVER STRIDES
MPR&Track 60 min I Jason/Sam
M $120 | NM $150 |
3:30 PM | SURVIVE & THRIVE
MPR 60 min I Caitlin
M $105 | NM $120 | SURVIVE & THRIVE
MPR 60 min I Caitlin
M $105 | NM $120 | New

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**The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | URec.ca | 453.4579**

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### PRICES:
- M – MEMBER
- NM – NON MEMBER

**Register in person**
- (1st floor CURRIE CENTER), by phone (453.4579)
- or online at recreation.unb.ca

### QUESTIONS:
Contact Lauren Rogers at lrogers@unb.ca

### LOCATIONS (CURRIE CENTER):
- HS: Hatheway Family Fitness Studio, 2nd Floor
- MPR: Multi-Purpose Room, 2nd Floor
- SC: Strength Centre (3rd Floor CURRIE CENTER)

**ADDITIONAL NOTES:**
- No classes on Feb. 17 (Family Day), March 2-6 (March Break), April 10 (Good Friday) & April 13 (Easter Monday)