

Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

2 - 5 week sessions starting the week of March 18 and April 22, 2019

No classes Apr. 19 (Good Friday - CGC Closed), Apr. 21 (Easter Sunday - CGC Open 12-5pm), May 20 (Victoria Day - CGC Open 12-5pm)

Fees will be prorated if you start late ...so sign up anytime.

All Programs are free for Members but registration for high demand programs is recommended to ensure a spot.

Non Member fee is \$38.00 per session for 60 minute classes (5 weeks) (Fees subject to council approval)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
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Evening Programs

Total Interval Movements	Monday	5:00 - 6:00 PM	407872	407873	(10) Combined
Bootcamp	Wednesday	5:00 - 6:00 PM	407865	407866	(11) Combined
Yoga	Tuesday	5:00 - 6:30 PM	407979	407992	(7&8) Stretch
Yoga	Thursday	5:00 - 6:30 PM	407980	407981	(7&8) Stretch
Ultimate Core	Tuesday	5:30 - 6:30 PM	407880	407881	(11) Core
Spin Bootcamp	Friday	5:30 - 6:30 PM	407964	407965	(9) Cycle/Wts
Athletic Spin	Wednesday	6:05 - 7:00 PM	407961	407966	(11) Cycle/Core
Kettlebell Advanced	Monday	6:15 - 7:00 PM	407939	407940	(10) Core & Cardio
TRX Advanced	Thursday	6:30 - 7:30 PM	407971	407972	(11) Combined
Yoga Conditioning	Friday	6:30 - 7:30 PM	407982	407983	(7&8) Mobility
Spin	Monday	7:00 - 8:00 PM	407962	407963	(9) Cycling
Core and More	Wednesday	7:00 - 8:00 PM	407876	407877	(8) Wts/Core
Zumba	Tuesday	7:00 - 8:00 PM	407909	407910	(9) Dance Fit
Aqua Jog	Monday	7:30 - 8:30 PM	407843	407844	(9-10) Deep water w/floatation belts
Aqua Jog	Wednesday	7:30 - 8:30 PM	407855	407864	(9-10) Deep water w/floatation belts
Zumba	Thursday	7:30 - 8:30 PM	407913	407914	(9) Dance Fit
Zumba Toning	Monday	8:00 - 9:00 PM	407911	407912	(9) Dance Fit
Kettlebell	Wednesday	8:00 - 9:00 PM	407947	407948	(10) Core & Cardio

