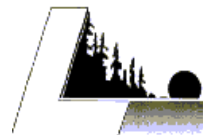


FITNESS SCHEDULE
Lakeshore Recreation 832-9027
 September 2, 2008



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am	Blitz (3)	Body Sculpting (2)	Step It Up (3)	Beginners Workout (1-)	Total Workout 75 min (3)	Pump It Up (2/3)
10:30 am	Forever Young (2)	Beginner Pilates (1)	Forever Young Cardio/Yoga (2)	Gymsticks Core Pilates/Yoga (2)	Forever Young Muscle (2)	
5:45 pm		Beginner Fitness 45 min (1)				
7:00 pm	Kickboxing (2)	Pump It Up (2/3)	Boot Camp (3)	Gymsticks Workout (2/3)		
7:00 pm	Spinning	Spinning		Spinning		
8:10 pm	Yoga (1)		Yoga (1)			
*Cycle Classes not included in 'Classes Only' Membership. Cycle classes \$8.00 per class. Management reserves the right to cancel or re-schedule classes at any time						

Levels of Difficulty

- (1) Beginner class - appropriate for any fitness level
- (2) Moderate difficulty – options given to vary difficulty level
- (3) Advanced workout – previous workout experience recommended

**schedule is subject to change.