



Lac La Biche County
welcoming by nature.

Fall Fitness Classes



Get in on the fun and join one of our many fitness classes!

Session II: Nov4 - Dec 13, 2024 (6Weeks)

To register, contact: Bold Centre 780-623-3829 or ActiveLLBC Fitness Classes

16+

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15-7:15am			EARLY AM SPIN 7:00 - 7:45 (NEW TIME!) \$48 SESSION \$10 DROP IN	
9-10am		BARRE ABOVE FUSION 9:00 - 10:00 \$120 SESSION \$12 DROP IN		BARRE ABOVE FUSION 9:00 - 10:00 \$120 SESSION \$12 DROP IN
9:30-10am	50+ STRENGTHEN & STRETCH 9:30 - 10:00 FREE			
10-11am	AQUAFIT 10:00 - 10:45 \$64 SESSION \$10 DROP-IN		FCSS SENIORS AQUAFIT (60+) 10:00 - 11:00 FREE	
10:30-11am				FUNCTIONAL FITNESS 10:30 - 11:00 \$36 SESSION \$8 DROP IN
11:30-12:15pm				
12:15-12:45pm	ZUMBA** 12:15 - 12:45 \$66 SESSION \$8 DROP IN	SPIN 12:15- 12:45 \$72 SESSION \$8 DROP IN	ZUMBA** 12:15 - 12:45 \$66 SESSION \$8 DROP IN	SPIN 12:15- 12:45 \$72 SESSION \$8 DROP IN
5:15-6:15pm	FUSION** 5:15 - 6:15 \$110 SESSION \$12 DROP IN	BOX & BURN** 5:15 - 6:15 \$120 SESSION \$12 DROP IN	FUSION** 5:15 - 6:15 \$110 SESSION \$12 DROP IN	BOX & BURN** 5:15 - 6:15 \$120 SESSION \$12 DROP IN
6:00-6:45pm				AQUAFIT FOR ALL 6:00 - 6:45 \$48 SESSION \$10 DROP IN
6:45-7:45pm		TRX STRENGTH & STRETCH 6:45 - 7:45 \$60 SESSION \$12 DROP IN		MOBILITY & FLEXITIBILITY 6:45 - 7:45 \$60 SESSION \$12 DROP IN
7:45-9:00pm				

REGISTER AT
LEAST 1 WEEK
BEFORE CLASSES
BEGIN & RECEIVE A
15% EARLY BIRD
DISCOUNT

ANNUAL
MEMBERS
RECEIVE
10% OFF

*WINTER FITNESS SCHEDULE AVAILABLE ONLINE IN DECEMBER!
**CHILD MINDING SERVICES AVAILABLE DURING CLASS