

WINTER FITNESS CLASSES



16+

Winter Session I: January 20 - February 28, 2025 (6 weeks)

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

	Monday	Tuesday	Wednesday	Thursday
9:00 am		Zumba 9:00-10:00 am \$120 session/\$12 drop-in		Zumba 9:00-10:00 am \$120 session/\$12 drop-in
9:30 am	50+Strengthen & Stretch 9:00-10:00 am FREE			
10:00 am	Aquafit 10:00-10:45 am \$40 session/ \$10 drop-in		Seniors Aquafit (60+) 10:00-11:00 am FREE - FCSS drop-in	
10:30 am				Functional Fitness 10:30-11:00 am \$36 session/\$8 drop-in
11:00 am				
11:30 am				
12:00 pm				
12:30 pm	SPIN** 12:15-12:45 pm \$66 session/\$8 drop-in	NEW! HIIT 30 12:15-12:45 pm \$72 session/\$8 drop-in	SPIN** 12:15-12:45 pm \$66 session/\$8 drop-in	NEW! HIIT 30 12:15-12:45 pm \$72 session/\$8 drop-in
5:00 pm				
5:30 pm	Step Interval Circuit** 5:15-6:15 pm \$110 session/\$12 drop-in	Synergy 360 Circuit** 5:15-6:15 pm \$120 session/\$12 drop-in	Step Interval Circuit** 5:15-6:15 pm \$110 session/\$12 drop-in	Synergy 360 Circuit** 5:15-6:15 pm \$120 session/\$12 drop-in
6:00 pm				Aquafit for All 6:00-6:45 pm \$48 session/\$10 drop-in
6:30 pm				
7:00 pm		Slow Flow Yoga 6:45-7:45 pm 5 weeks. Starts Jan. 27 \$50 session/\$12 drop-in		Fusion** 6:45-7:45 pm \$60 session/\$12 drop-in
7:30 pm				
8:00 pm				



Early bird discount of 15% when you register at least 1 week prior to the start of the class.

**Child minding services available during class.

WINTER FITNESS CLASSES



16+

Winter Session II: March 3 - April 11, 2025 (6 weeks)

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

	Monday	Tuesday	Wednesday	Thursday
9:00 am		New! Morning Mix 9:00-10:00 am \$120 session/\$12 drop-in		New! Morning Mix 9:00-10:00 am \$120 session/\$12 drop-in
9:30 am	50+Strengthen & Stretch 9:00-10:00 am FREE			
10:00 am			Seniors Auqafit (60+) 10:00-11:00 am FREE - FCSS drop-in	
10:30 am				Functional Fitness 10:30-11:00 am \$36 session/\$8 drop-in
11:00 am				
11:30 am				
12:00 pm	SPIN** 12:15-12:45 pm \$66 session/\$8 drop-in	Synergy 360 12:15-12:45 pm \$72 session/\$8 drop-in	SPIN** 12:15-12:45 pm \$66 session/\$8 drop-in	Synergy 360 12:15-12:45 pm \$72 session/\$8 drop-in
12:30 pm				
5:00 pm				
5:30 pm	Zumba** 5:15-6:15 pm \$110 session/\$12 drop-in	Balls, Bars, Bands** 5:15-6:15 pm \$120 session/\$12 drop-in	Zumba** 5:15-6:15 pm \$110 session/\$12 drop-in	Balls, Bars, Bands** 5:15-6:15 pm \$120 session/\$12 drop-in
6:00 pm				Aquafit for All 6:00-6:45 pm \$48 session/\$10 drop-in
6:30 pm				
7:00 pm		Slow Flow Yoga 6:45-7:45 pm \$60 session/\$12 drop-in		Fusion** 6:45-7:45 pm \$60 session/\$12 drop-in
7:30 pm				
8:00 pm				



Early bird discount of 15% when you register at least 1 week prior to the start of the class.

**Child minding services available during class.