



# SPRING FITNESS CLASSES

16+

April 22 to June 2, 2025

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

	Monday	Tuesday	Wednesday	Thursday
9:00 am		<b>Zumba Toning</b> 9:00-10:00 am \$120 session/\$12 drop-in		<b>Zumba Toning</b> 9:00-10:00 am \$120 session/\$12 drop-in
9:30 am	<b>50+Strengthen &amp; Stretch</b> 9:00-10:00 am FREE			
10:00 am	<b>Aquafit</b> 10:00-10:45 am FREE		<b>Seniors Aquafit (60+)</b> 10:00-11:00 am FREE - FCSS drop-in	
10:30 am				<b>Functional Fitness</b> 10:30-11:00 am \$36 session/\$8 drop-in
11:00 am				
11:30 am				
12:00 pm	<b>SPIN**</b> 12:15-12:45 pm \$66 session/\$8 drop-in	<b>TRX</b> 12:15-12:45 pm \$72 session/\$8 drop-in	<b>SPIN**</b> 12:15-12:45 pm \$66 session/\$8 drop-in	<b>TRX</b> 12:15-12:45 pm \$72 session/\$8 drop-in
12:30 pm				
5:00 pm				
5:30 pm	<b>FUSION: Stability**</b> 5:15-6:15 pm \$110 session/\$12 drop-in	<b>Step and Strength**</b> 5:15-6:15 pm \$120 session/\$12 drop-in	<b>FUSION: Stability**</b> 5:15-6:15 pm \$110 session/\$12 drop-in	<b>Step and Strength**</b> 5:15-6:15 pm \$120 session/\$12 drop-in
6:00 pm				<b>Aquafit for All</b> 6:00-6:45 pm \$48 session/\$10 drop-in
6:30 pm				
7:00 pm		<b>Slow Flow Yoga</b> 6:45-7:45 pm \$60 session/\$12 drop-in		<b>Synergy 360</b> 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.