

April Inclusive Programs

Mon	Tue	Wed	Thu	Fri
1 8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga	2 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**	3 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit	4 8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**	5 9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability
8 8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga	9 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**	10 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit	11 8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**	12 9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability
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29 8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga	30 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**	<i>**Classes Marked with ** are an additional registration / charge of a 12-Class Blue Card** **Members: \$38 ** **Non-Members: \$50 **</i>		