







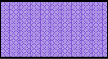




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:45am	Build -n- Burn (6:30/7:15am) Gym 	Indoor Cycling (MPR)(45min) 	Boot Camp (MPR)(45min)	Indoor Cycling (MPR)(45min)	Build -n- Burn (6:30/7:15am) Gym 	Fitness classes are in the Upstairs Studio and are 60 min in length (unless stated) AL= Adult Lounge MPR= Multi Purpose Room FC= Fitness Centre * =Sign-up in Fitness Centre prior to class <i>Schedule subject to change</i>		
7:30am	Healthy Heart		Healthy Heart		Healthy Heart		Indoor Cycling (MPR)(9:10-9:55)	
9:15am	Cardio Sculpt	Step & Core	Cardio & Sculpt Circuit* (FC)	Groove	F.I.T Circuit* (FC)			
	Nia (MPR)(9:10-10:20)	Beginner Pilates (MPR)	Cycle & Sculpt (MPR)		Interm. Pilates		Cycle & Sculpt (MPR)	Ab Attack (10:00-10:30)
10:30am	Snr.'s Fun Fit (10:25)		Snr.'s Fun Fit (10:25)		Snr.'s Fun Fit (10:25)		Cardio Salsa	
	OsteoFit (MPR)	Gentle Yoga (MPR)	OsteoFit (MPR)	Gentle Yoga (MPR)	Intermediate Yoga (MPR)			Intermed.-Adv. Yoga (MPR)(10:35-11:50)
11:30am	Healthy Heart		Healthy Heart		Healthy Heart			
	Joint Works (MPR)(11:45-12:30)	Passport to Wellness (FC)(12:00)	Joint Works (MPR)(11:45-12:30)	Passport to Wellness (FC)(12:00)				
12:40am	Indoor Cycling (MPR)(12:40-1:25) 	<h1>Fitness Class/Programs Schedule: Jan4-Mar 31, 2011</h1>						
2:00pm	Healthy Heart		Healthy Heart		Healthy Heart			BootCamp (4:00)
5:30pm	Prenatal Yoga (AL) 				 =Registered Program; please register at Reception/on-line. Dates differ from fitness classes. Drop-ins available for some programs, please confirm space is available and course is running. Contact reception or Talitha Johnston, Fitness Director 604-257-5111 ext 218 www.jccgv.bc.ca			
6:15pm	Step & Sculpt	Boot Camp (75 min) 	F.I.T	Circuit* BootCamp (FC)(75min) 				
6:45pm	Gentle Yoga (MPR)		Intermediate Yoga (MPR)	Indoor Cycling (MPR)(7:30-8:15)				