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## Peguis Trail Health and Fitness Centre Drop-In Fitness Class Schedule

1400 Rothesay Street

Schedule effective January 9 - March 19, 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Steppin Up</b> 10:00 am -11:00am	<b>Circuit Express</b> 9:30 am - 10:30 am	<b>Abs, Butts &amp; Thighs</b> 8:30 pm -9:30 pm	<b>Midlife Madness Muscle Boot camp</b> 9:30 am -10:30 am	<b>30/20/10</b> 9:30 am -10:30 am	<b>Aeroskip</b> 6:15 pm - 7:15 pm	<b>Steppin Up</b> 10:00 am - 11:00 am
<b>30/20/10</b> 12:00 pm -1:00 pm	<b>Pure Cardio</b> 5:55 pm - 6:55 pm		<b>Barlicious</b> 6:00 pm - 7:00 pm	<b>Total Body Conditioning</b> 6:50 pm - 7:50 pm		<b>Total Body Conditioning</b> 11:15 am - 12:15 pm
<b>Abs.Butts.Thighs.</b> 1:10 pm -2:10 pm	<b>Navy Seal Challenge</b> 7:00 pm - 8:00pm		<b>Abs, Butts &amp; Thighs</b> 7:05 pm -8:05 pm	<b>Fusion Fitness</b> 8:00 pm - 9:00 pm		
<b>Pure Cardio</b> 2:15 pm -3:15 pm	<b>Tae Box</b> 8:10 pm - 9:10pm		<b>Fusion Fitness</b> 8:10 pm - 9:10 pm			

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Classes may be cancelled due to lack of instructor, space or insufficient attendance.  
Admission options: Active Living Pass / Facility Pass and pay the Facility Pass Plus fee / Drop in fee

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Visit [leisureonline](http://leisureonline.com) for information and Winter 2012 registration

Day 1 – Registration for Swimming lessons only begins Tuesday, December 13 at 9:00 am

Day 2 - Registration for all other programs begins Wednesday, December 14 at 9:00 am

On Day 1 and Day 2 of registration, queue numbers at all in-person locations will be handed out starting at 7:00 am.

Check in-person registration times at the facility of your choice

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- Facility Closed on Statutory Holidays -  
No Classes: Monday, February 20<sup>th</sup>, 2012

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