


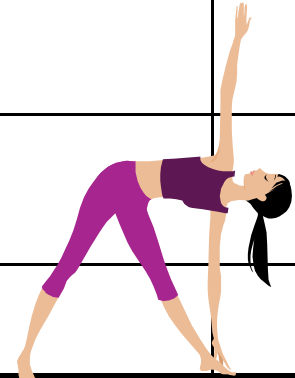


FITNESS

E X C E L L E N C E

New Group Fitness & Spin Schedule!

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am-7:00 H.I.N.T Camp Dani		6:00am-7:00 H.I.N.T Camp Dani			
		12:10pm-12:45 Tabata Dani			11am-12pm Fusion Fitness Jessica	
	5:30pm-6:30 Core and More	5:30pm - 6:30 Mat Pilates Lindsay	5:30pm- 6:30 Chiseled			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-7:00 Sunrise Spin		6:00am-7:00 Sunrise Spin		6:00am- 7:00 Sunrise Spin		
9:15am-10:15 Theme Spin & Stretch		9:15am- 10:15 Spinervals		9:15am-10:15 Fat Burner Spin Amy	9:30am-10:45 Rip and Ride	
		10:15am-11:00 Spin Revolution Rick		10:15am-11:00 Spin Revolution Rick		
12:10pm-12:45 Noon Hour Spin Paulette				12:10pm-12:45 Noon Hour Spin Amy	 <p>Spin Schedule</p>	
5:30pm- 6:30 20/20/20 Paulette	5:30pm-6:30 Psycho Spin Steve B.	5:30-6:30 20/20/20	5:30 - 6:30 Psycho Spin Steve B.			
	6:30pm-7:30 Just for Fun Spin Sue		6:30- 7:30 Master Athletes Spin Andy			
				<p>Please "sign up" for spin classes</p>		

For Registration or additional information
Contact us at 250-897-3552 or fitness_excellence@live.ca