

July Fitness Class Schedule

Studios Phone: 935-6752
TF Fit Ctr Phone: 935-6740

Hrs: M-F W 8am-noon; **Closed Afternoons thru August**

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified
Guests may not use discounted package

		Studio #1	Studio #2	Studio #3		
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)	Aqua Zumba w/ Helen (Outdoor Pool)		
	Classic Aerobics w/ Helen	Total Body Strength w/ Shirleen	Classic Aerobics w/ Helen	Total Body Strength w/ Shirleen	Classic Aerobics w/ Helen	
Spin Bikes Available in Studio #3						
9:00	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Helen	Zumba w/ Tatiana	Aqua Zumba (Returns) w/ Helen (Outdoor Pool)	Core Combo Yoga w/ Becca
		Yin Yoga w/ Becca	Zumba w/ Tatiana	Yin Yoga w/ Karen		Zumba w/ Helen
Spin Bikes Available in Studio #3						
10:00		Chair Yoga w/ Karen	20/20/20 w/ Shirleen	Chair Yoga w/ Karen	20/20/20 w/ Shirleen	Seated Combo w/ Becca
		The 100 (Pilates based) w/ Hannah		The 100 (Pilates based) w/ Hannah		#2 Not available 10-12
Spin Bikes Available in Studio #3						
11:00	Gentle Cardio Strength w/ Becca	Transform (Strength) w/ Hannah	Gentle Cardio Strength w/ Shirleen	Transform (Strength) w/ Hannah	Gentle Cardio Strength w/ Shirleen	
	#2 Not available 11-4	Country Fitness w/ Cortney	#2 Not available 11-2	#2 Not available 11-4		#2 Not available 10-12
Spin Bikes Available in Studio #3						
2:00		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)		
	PLEASE NOTE: At times there are last minute changes to the schedule (instructor availability, etc) so do periodically check Supersaas to ensure class is on.					

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/