




## HORNS RECREATION


[www.communityprograms.ulethbridge.ca](http://www.communityprograms.ulethbridge.ca)


### FITNESS/ADULT/YOGA PROGRAMMING SUMMER 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	<b>Urban Training</b> <i>PE 157</i> Janelle	<b>TRX Evolution</b> <i>PE 110</i> Janelle	<b>Urban Training</b> <i>PE 110</i> Janelle	<b>TRX Evolution</b> <i>PE 110</i> Janelle	<b>Urban Training</b> <i>PE 157</i> Janelle
6:00 AM	<b>Outdoor Boot Camp</b> <i>PE 110</i> Sheila		<b>Sculpt</b> <i>PE 152</i> Sheila		
10:30 AM	<b>Outdoor Stroller Boot Camp</b> <i>Outside</i> Sheila			<b>Outdoor Stroller Boot Camp</b> <i>Outside</i> Sheila	
12:05 PM	<b>Muscle Up</b> <i>PE 152</i> Sheila	<b>Cycle</b> <i>PE 110</i> Sheila	<b>Muscle Up</b> <i>PE 152</i> Sheila	<b>TRX Boot Camp</b> <i>PE 110</i> Sheila	<b>Cycle/Core</b> <i>PE 110</i> Sheila
1:30 PM		<b>Baby &amp; Me TRX</b> <i>PE 110</i> Sheila		<b>Baby &amp; Me Barre</b> <i>PE 110</i> Sheila	
5:00 PM		<b>Barre</b> <i>PE 152</i> Sheila	<b>Cycle</b> <i>TRACK (5:30 PM)</i> Sheila	<b>H.I.I.T.</b> <i>PE 152</i> Sheila	
6:00 PM		<b>Outdoor Boot Camp</b> <i>Outside</i> Sheila		<b>Outdoor Boot Camp</b> <i>Outside</i> Sheila	

\*\*CLASSES SUBJECT TO CHANGE\*\*

 **Purple Classes - FREE with Membership**  
Classes run July 3 - August 31

 **Orange Classes - Fitness Class Pass OR Registration**  
Classes run July 3 - August 31

 **Blue Classes - Registration ONLY**  
Classes run July 3 - August 31