




HORNS RECREATION


www.communityprograms.ulethbridge.ca


FITNESS/ADULT/YOGA PROGRAMMING WINTER 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
5:45 AM	Urban Training PE 157 Janelle	TRX Evolution PE 110 Janelle	Urban Training PE 110 Janelle	TRX Evolution PE 110 Janelle	Urban Training PE 157 Janelle									
6:00 AM	TRX Boot Camp PE 110 Sheila	Spin Track Lorelei	Muscle Up PE 152 Sheila	Sunrise Salutations PE 255 Shilo	Interval Blast PE 152 Michele									
9:00 AM		Yoga for Active Boomers PE 255 (9:15 AM) Susan	Walking to Wellness TRACK AHS	Yoga for Active Boomers PE 255 (9:15 AM) Susan	Walking to Wellness TRACK AHS	Zumba PE 152 Gabrielle/Jennifer								
10:30 AM	Stroller TRACK Sheila		Stroller TRACK Sheila		Stroller Track Sheila	Tai Chi PE 152 Lance								
12:05 PM	Muscle Up PE 152 Sheila	HIGH Fitness PE 110 Mandy	TRX H.I.I.T. PE 110 Jeannie	Muscle Up PE 152 Sheila	HIGH Fitness PE 110 Mandy	Zumba Express PE 152 Jeannie	Spin PE 110 Sheila							
	Advanced Conditioning PE 157 Heidi	Therapeutic Yoga PE 255 Susan	Barre PE 152 Sheila	Alignment in Motion Yoga PE 255(12:15 PM) Susan	Advanced Conditioning PE 157 Heidi	Gentle Yoga: Relax and Renew PE 255 Susan	Barre PE 110 Sheila	Alignment in Motion Yoga PE 255 (12:15 PM) Susan	Yoga PE 255 Yvonne					
1:30 PM		Stroller Track Sheila		Stroller Track Sheila										
5:00 PM	Sculpt PE 110 Jeannie	Urban Training Track Janelle	Vinyasa Flow PE 255 Shilo	Zumba PE 152 Gabrielle/Jennifer	TRX Cycle PE 110 Sheila	Alignment in Motion Yoga PE 255 (5:15 PM) Susan	Urban Training PE 110 Janelle	H.I.I.T. PE 152 Sheila	Gentle/Restorative Yoga PE 255 (5:15 PM) Kelsey	Barre PE 110 Janelle	Sculpt PE 152 Sheila	Beginner Yoga PE 255 (5:15 PM) Darcy		
6:00 PM	Cycle TRACK (5:30 PM) Heidi		Barre PE 152 Sheila	Yin Yoga PE 255 (6:45 PM) Kyla	Beginner Sculpt PE 152 Sheila	Cycle TRACK (5:30 PM) Heidi	Aerial PE 110 (6:30 PM) Kyla	Cardio Kickbox PE 152 Sheila						
7:00 PM		Advanced Conditioning PE 157 Alex	TRX Yoga Fusion PE 152 Darcy	Yin-Yang Yoga PE 255 (6:45 PM) Kyla	Yoga to Unwind PE 255 (6:45 PM) Darcy	Advanced Conditioning PE 157 Alex							TODAY IS A NEW BEGINNING!	
8:00 PM		Ballroom Dance (Beg) PE 110 (8:15 PM) Ella Kitzul		Aqua Zumba Pool (8:30 PM)	Restorative Aerial PE 110 Kyla									

CLASSES SUBJECT TO CHANGE

 Purple Classes - FREE with Membership
Classes run January 8 - April 20

 Orange Classes - Fitness Class Pass OR Registration
Classes run January 15 - April 14

 Blue Classes - Registration ONLY
Classes run January 15 - April 14