

Fitness Strength & Fitness Cardio (including track) - PRE-BOOKING REQUIRED

Monday-Friday	Saturday & Sunday		Fitness Drop-in	1 Month Membership
6:00-7:15am 7:30-8:45am 9:00-10:15am 10:30-11:45am 12:00-1:15pm 2:15-3:15pm 3:30-4:30pm 4:45-5:45pm 6:00-7:00pm 7:15-9:00pm	8:00-9:00am 9:15-10:15am 10:30-11:30am 11:45am-12:45pm 1:00-2:00pm 2:15-3:15pm 3:30-4:30pm	Youth (13-24 yrs)	\$9.00	\$19.00
		Adult (25-59 yrs)	\$11.00	\$30.00
		Senior (60+yrs)	\$9.00	\$24.00
		Fees are subject to change without notice. All monthly membership prices +HST 75 min bookings with 15 min cleaning in between (AM only) 1 hour bookings with 15 min cleaning in between (PM and weekends) Fitness Centre closed daily Monday-Friday from 1:15-2:15pm for cleaning		

Group Fitness Classes - PRE-BOOKING REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Bodies 9:15-10:00am Karen	Circuit 8:15-9:00am Helen	Yoga 9:15-10:00am Karen	Pilates 9:15-10:00am Anita	MetCon 9:15-10:00am Robert		Yoga 10:00-11:00am Pat
Zumba 10:15-11:00am Aurora	Stretch 9:15-10:00am Anita	Zumba 10:15-11:00am Aurora	Cycle 9:15-10:00am varies	Yoga 10:15-11:00am Dolly		
Bootcamp 6:00-6:45pm Kyle	Cycle 6:00-6:45pm Robert	Kettlebell 6:00-6:45pm Helen	Tabata 6:00-6:30pm Enrico		Class takes place in the gymnasium Class takes place in the studio	
Yoga 7:00-7:45pm Dolly			Zumba 7:00-7:45pm Karina			

Book online at www.bwgleisurecentre.ca

Fitness Centre Booking Guidelines

Access to both Strength Room and Cardio/Indoor Track. Fitness Coaches will monitor maximum capacities per room. Booking for the following week will be available every Sunday at 9:00am

Fitness Strength maximum capacity – 18

Fitness Cardio maximum capacity – 25

Monday, October 11 - CLOSED

