



April 6 to June 18 (incl.)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. to 10:00 a.m.	Breast Cancer Action	PilatesFIT (9:30-10:30am)	Breast Cancer Action		5K Club (7:00-8:00am) Breast Cancer Action
12:10 p.m. to 12:50 p.m.	Boot Camp Basics		CardioFIT	WOW	FusionFIT
1:00 p.m. to 2:00 p.m.				Breast Cancer Action Yoga (private class)	
6:00 p.m. to 7:00 p.m.				Beach Body Boxing (*) (6:00-7:00pm)	
7:00 p.m. to 8:00 p.m.	GolfFIT (*) (7:15 to 8:15pm)		Belly Dance	Beach Body Boxing (*) (7:15-8:15pm)	

(*) These classes are Specialty Classes and require separate registration as they are not part of the GroupFIT Schedule: BCA, BCA Yoga, GolfFIT and Beach Body Boxing.

CardioFIT: A combination of low impact movement and traditional stretching. Interval strength and abdominal work as well as the FITball may be included.

WOW (Women on Weights): Join this program to learn proper lifting techniques and empower yourself with the knowledge of strength, cardiovascular activity, weight loss and more.

PilatesFIT: Learn the fundamental skills of the Pilates system. Work on core awareness, strength and flexibility with the goal of developing a uniformly balanced body. This course welcomes new students as well as beginners.

FusionFIT: This class is a blend of traditional Yoga and Pilates movements that will improve skeletal posture, strengthen muscles and work the core.

Boot Camp Basics: This class consists of a warm up, cardio, strength and endurance exercises.

5K Club: Join our running group and train alongside the beautiful Rideau River.

***Breast Cancer Action** - Private class, the studio is not available for members during this time period.

New Specialty Class!!

Belly Dancing for Fitness with "Jalilah"

A cardio class using Belly Dance movements! Perfect for both beginners to learn the basic Middle Eastern Movement repertoire and for intermediate dancers to improve stamina and technique!

Wednesdays April 7 to June 23 7:00 - 8:00 p.m.

Fee:	LifeFIT member	Free
	RA member	\$89
	Non-member	\$114

Specialty Class Card

You want to participate in classes, but you're not a member.....

You can purchase a **Specialty Class Card** to attend all of our regular classes.

Please contact the LifeFIT Canada staff in the Centre, on duty Monday to Friday. Payment by cheque or credit card is available.

We look forward to seeing you!

Specialty Class Card – 10 classes

RA Member \$ 60.00 (tax incl.) Non-member \$ 85.00 (tax incl.)