



FREE DEMO CLASSES

Sept 7-12

- PLEASE ARRIVE 5-10 MIN EARLY -To maximize your experience (and everyone else's)
- Please bring towel/water bottle

No registration required:

Nia-Fitness Dance Fusion

Monday, Sept 8 @ 9:15-10:15am
Location: MPR



**REGISTER by calling:
604-257-5111 ext 218**

Fit 4 Two™ -MOM & BABY FITNESS:

Thursday, Sept 11 @ 11:45-1:00pm
Location: Dance Studio

**REGISTER by calling:
604-257-5111 ext 218**

Indoor Cycling

Sunday, Sept 7 @ 9:10-9:55am
Tuesday, Sept 9 @ 6:45-7:30am
Tuesday, Sept 9 @ 7:00-7:45pm
Wednesday, Sept 10 @ 9:15-10:00am
Location: MPR

-MAX 8 spots/class

No registration required:

Pilates

BEGINNER: Tuesday, Sept 9 @ 9:15-10:15am
INTERMEDIATE: Thursday, Sept 11 @ 9:15-10:15am
Location: MPR

Talitha Johnston

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