

FALL 2017

FEE-BASED PROGRAMS

GENERAL POPULATION

SESSION II: October 30 – December 15

MON		TUES		WED		THURS	
12pm	YOGA FOR POWER & GRACE HS 60 min Garda	12:10pm	PILATES EXPRESS HS 50 min Wendy	5:30pm	VINYASA YOGA HS 60 min Garda	5:15pm	PILATES FLOW HS 60 min Shasta
1:15pm	TOTAL BARRE PILATES HS 60 min Natasha	6:15pm	TOTAL BARRE PILATES HS 60 min Natasha			SUN	
7pm	TRIM & TONE PILATES HS 60 min Shasta					3:30pm	DANCE BASICS: BALLET HS 60 min Molly

FEE-BASED: Varied classes from beginner to intermediate effort designed to develop your personal fitness level within a progressive group instruction format.

SEMI-PRIVATE PROGRAMS

MON		TUES		WED		THURS	
7am	REFORMER PTS 60 min Garda	9:30am	REFORMER PTS 60 min Garda	7am	MAT/REFORMER PTS 60 min Garda	7am	REFORMER ADVANCED PTS 60 min Garda
10:45am	MAT/REFORMER SILVER PTS 60 min Garda	11am	MAT/REFORMER PTS 60 min Natasha	10am	REFORMER PTS 60 min Lindsey	8:15am	MAT/REFORMER SILVER PTS 60 min Garda
5:15pm	MAT/REFORMER PTS 60 min Garda	12pm	MAT/REFORMER ADVANCED PTS 60 min Garda	12pm	MAT/REFORMER PTS 60 min Garda	9:30am	REFORMER SILVER PTS 60 min Garda
6:15pm	REFORMER ADVANCED PTS 60 min Garda	5:15pm	MAT/REFORMER PTS 60 min Garda	2pm	REFORMER PTS 60 min Shasta	11am	MAT/REFORMER PTS 60 min Natasha
		6:15pm	REFORMER ADVANCED PTS 60 min Garda	5:15pm	REFORMER PTS 60 min Shasta	12pm	MAT/REFORMER ADVANCED PTS 60 min Garda
				6:30pm	REFORMER PTS 60 min Shasta	6:30pm	REFORMER PTS 60 min Shasta

SEMI-PRIVATE: Small group numbers for lots of individual attention, improving your practice in a controlled environment.

SEMI-PRIVATE SILVER: Designed for older adults to include special considerations within the semi-private setting.

LOCATIONS:

PTS: Private Training Studio (3rd Floor CURRIE CENTER)

HS: Hatheway Family Fitness Studio (2nd Floor CURRIE CENTER)

Visit urec.ca for more information

PLEASE NOTE:

Drop-ins available for various General Population Programs.

For program dates, times and fees, please visit urec.ca

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