



Group Exercise Class Schedule March 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio
	Cycle 11:30-12:15pm Julie	Pilates 11:15-12:15pm Cathy		Ballet Barre Works 11:30-12:30pm Billie		Vinyasa Flow Yoga 11:30-12:30pm Lauren		TRX Bootcamp 11:30-12:15pm Alison	
Ballet Barre Works 12:30-1:30pm Heather		Body Blast 12:30-1:15pm Alison		Cardio Inferno 12:45-1:30pm Marjorie		Guns and Tums 12:45-1:30pm Alison			
CORPORATE CLASS 3:15-4:15pm Mar 9-Apr 27				CORPORATE CLASS 3:15-4:00pm Mar 4-Apr 29			CORPORATE CLASS 3:15-4:00pm Mar 5-Apr 30		

Important Dates:

Purchase Options
 \$60+GST Monthly Pass available online at cccfitness.cshape.net
 \$10+GST Drop-In Pass available in person or online at cccfitness.cshape.net
Online registration for classes opens 24 hours before class time.
Online registration closes 1 hour prior to start time.

Yoga and Pilates participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.