



# Town of Hay River Community Centre | Fall Fitness Schedule January 23rd – February 26th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates 10:30am – 11:30am Virtual Program	Strong Seniors 10:30am – 11:30am Courtney	Mommy Bootcamp 10:30am – 11:30am Courtney	Mom + Tot Yoga 10:30am – 11:30am Lynda	Mommy Bootcamp 10:30am – 11:30am Courtney	Strong Seniors 10:30am – 11:30am Courtney	Cardio Bootcamp 10:30am – 11:30am Virtual Program
Revolution (Spin) 12:00pm - 1:00pm Virtual Program	Lunch Spin 12:15pm – 12:45pm Courtney	Lunch HIIT 12:15pm – 12:45pm Courtney	Lunch Spin 12:15pm – 12:45pm Courtney	Lunch HIIT 12:15pm – 12:45pm Courtney	Lunch Spin 12:15pm – 12:45pm Virtual Program	Transform 12:00pm - 1:00pm Virtual Program
RIP 1:30pm - 2:30pm Virtual Program			Seniors Chair Yoga 1:15pm – 2:15pm Nancy		Dryland Training – HRFSC 2:00pm – 3:00pm Courtney *Start Date - Feb 4*	Power Step 1:30pm - 2:30pm Virtual Program
SPORT 3:00pm - 4:00pm Virtual Program	Dryland Training 3:45pm - 4:45pm Courtney *Start Date - Jan 31*	Dryland Training 3:45pm - 4:45pm Courtney *Start Date - Feb 1*	Dryland Training 3:45pm - 4:45pm Courtney *Start Date - Feb 2*	Dryland Training 3:45pm - 4:45pm Courtney *Start Date - Feb 3*		SPORT 3:00pm - 4:00pm Virtual Program
Transform 4:30pm - 5:30pm Virtual Program	Sculpt 5:15pm - 6:15 pm Courtney	Power Step 5:15pm – 6:00pm Virtual Program	Sculpt 5:15pm - 6:15pm Courtney	Pilates 5:15pm – 6:00pm Virtual Program		RIP 4:30pm - 5:30pm Virtual Program
	Full Body HIIT 6:15pm - 7:00pm Courtney	Spin 6:00pm – 6:45pm Courtney	LIIT Up 6:15pm – 7:00pm Courtney	Spin 6:00pm – 6:45 pm Courtney		
	Foam Rolling 7:15pm – 8:15pm Nancy	Vinyasa Yoga 7:00pm – 8:00pm Lynda	Transform 7:15pm – 8:15pm Virtual Program	Yoga   Hatha 7:00pm – 8:00pm Nancy		

### Types of Classes

	Spin Classes
	Youth Programs
	Strength / Conditioning
	Wellness
	Virtual Programming

\*Virtual programming are fitness classes offered via our Fitness on Demand system. Classes are led by instructors from the TV in the room. Participants are required to sign a consent form at the Customer Service Desk before attending any Virtual program.

	Adult	Student	Senior	
<b>Drop-In</b>	\$8.50	\$7.00	\$5.25	Valid for 1 fitness class
<b>10-Punch</b>	\$76.00	\$63.00	\$47.50	Valid for up to 10 fitness classes
<b>1 Class Registration</b>	\$36.50	\$29.75	\$22.50	Valid for 5 weeks of single class registration

**\*1-Month, 3-Month, and 6-Month memberships are also available\***

**Registration is now open at the Hay River Community Center Customer Service Desk at 874-6500**