



Fitness Programs

January 16 - March 26 (10 week session)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am		Spin Cycle 5:45 - 6:30 am			Body Attack		
9:00 - 9:45am	RPMs 9:00 - 10:00 am	Spin Cycle	Sweat Equity 9:00 - 10:00 am	Booty Basics	S.E.X.Y. Circuit 9:00 - 10:00 am	Rise and Shine Boot Camp 9:00 - 10:00am	Spin Cycle 8:15 - 9:00am
	Mystery Movements	Older Adult Yoga 	Spin & Strength 9:00 - 10:00 am	Get on Track	Zumba Toning		Mind & Body Balance 9:30 - 10:15 am
10:00 - 10:45am	Fit For Life	Vinyasa Flow 10:00 - 11:00am	Strollercise	Senior Spin 10:30 - 11:15am	Zumba Gold Toning	Fusion Fitness Yoga	
	Strollercise			Zumba			
11:00 - 11:45am	Older Adult Cardio Strength		Senior Bootcamp		Older Adult Cardio Strength		
12:05 - 12:50pm	Zumba Express			Quick Fit			
5:00 - 5:45pm	On the Ball Body Blast	Spin & Strength					
6:00 - 6:45pm	Zumba Toning	ZUMBA Mom/Daughter	Pure Power	Strollersize	 Teen Spin		Full Figure Fitness
			Fusion Fitness Yoga 6:30 - 7:15 pm	Zumba			
	Boot Camp 6:00 - 7:00 pm	Step & Strength 6:00 - 7:00pm	Boot Camp 6:00 - 7:00 pm	Spin Cycle			
7:00 - 7:45pm	Spin Cycle	Butts & Guts 7:15 - 8:00 pm	Sweat & Sculpt	Spin & Strength 7:00 - 8:00pm			
	Zumba		Vinyasa Flow 7:00 - 8:00 pm	Zumba			
7:30 - 8:30pm	Crossfire Conquest Training	Metabolically Fit	Crossfire Conquest Training	Metabolically Fit			
8:00 - 8:45pm	Butts & Guts						



The classes with Healthy Hearts logo beneath them are FREE (no daily admission or LRC membership required). They are possible through funding provided by Healthy Hearts Leduc.

Visit www.healthyheartsleduc.ca for more information.

All drop-in classes are highlighted in ORANGE. They are included with membership or paid daily admission. Passes are required for all drop in classes. They can be picked up one hour prior to the start of the class from the Fitness Centre desk.