

February Fitness Schedule							Fraser Valley Rec WHERE THE FUN BEGINS		
MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY	SUNDAY
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio									
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO	Power Vinyasa 7:45AM - 8:45AM Stacy Kemphier Group Exercise 2	Power Hour 7:45 - 8:45 AM Katie Hardie Group Exercise 1	Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO	Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1		Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1	Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO	
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool	Slow Flow Yoga 9:00 AM - 10:00 AM Dallas Franklin Group Exercise 1	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool				Vinyasa Flow Yoga 9:00 AM - 10:00 AM Derik McCuistion Group Exercise 2	Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez Pool	
SS Yoga 10:15 - 11:15 AM Dallas Franklin Group Exercise 1		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	Comp Center Training 1:30 - 2:30 PM Group Exercise 1	SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1		Aerial Conditioning & Flow 11:00AM - 12:00PM Lilia Grupe Group Exercise 2	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Align & Flow Yoga 10:30AM - 11:30AM Megan Beener Group Exercise 2
Jiu-Jitsu 4:30 - 7:30 PM								Comp Center Training 3:00 - 4:00 PM Group Exercise 1	Power Vinyasa 10:30AM - 11:30AM Stacy Kemphier Group Exercise 2
Winter Conditioning 5:30 - 6:30 PM Thor Knutson HIIT Studio	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2	Zumba® Fitness 5:30pm - 6:30pm Barbara Klontz Group Exercise 1		Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1			Friday Night Spin 5:30pm - 6:30pm Samuel Orseno Group Exercise 1 No Class 1/30		
Raoni Orlandi Group Exercise 1		Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner HIIT Studio		Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1	Winter Conditioning 6:00 - 7:00 PM Sonia Chowdhury HIIT Studio		Aerial Fabrics 6:30 - 7:30 PM Bill Gugerty Gymnastics Studio		
				Creative Dance 7:00PM - 8:00PM Malinda Rinne Group Exercise 2	Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1				

Classes at a Glance

Aerial Fitness
Strength Training Focus
Active Aging
Cardiovascular Focus
Mind/Body
Class Series
Other

REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.