


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

Classes at a Glance

Aerial Fitness

Strength Training Focus

Active Aging

Cardiovascular Focus

Mind/Body

Class Series

Other

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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.