

July Fitness Schedule										 Fraser Valley Rec WHERE THE FUN BEGINS	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio		Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio		Power Hour 7:30 - 8:30 AM Katie Hardie Group Exercise 1		Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio		Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1			
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1		Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2						Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez Pool			
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 9:00AM - 10:00AM Paige Walker Group Exercise 2 No Class 7/28		Silver Sneakers Circuit 9:00 - 10:00 AM Susan Meddick Pool		Silver Sneakers Classic 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		Aerial Yoga 10:00AM - 11:00AM Giuliana Sheldon Group Exercise 2		SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1		Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2 No Class July 26th	
				Wellness Coaching 11:45 - 12:30 PM Dani Deramo Group Exercise 2		Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2 No Class 7/9					
				Wellness Coaching 1:00 - 1:45 PM Dani Deramo Group Exercise 2						Classes at a Glance Aerial Fitness Strength Training Focus Active Aging Cardiovascular Focus Mind/Body Class Series Other	
		Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2		Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio NEW SERIES 7/7 START		Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Programming Building		Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2		Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio NEW SERIES!	
Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1				Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1				Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio Tramp/Open Gym 7/3			

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.