


January Fitness Schedule							 Fraser Valley Rec <small>WHERE THE FUN BEGINS</small>				
MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY	
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty <i>Gymnastics Studio</i> Begins 1/12					Our facility will be closing at 4pm New Years Eve. We will open at 9am New Years Day! No fitness classes New Years Day. Happy Holidays!						
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>		Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i> Begins 1/12/26	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer <i>Group Exercise 2</i>	Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>	Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i> Begins 1/12/26	Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i> No Class 1/1	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i>	Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i> Begins 1/12/26			
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>	Slow Flow Yoga 9:00 AM - 10:00 AM Dallas Franklin <i>Group Exercise 1</i>	Mat Pilates 9:00 - 10:00 AM Paige Walker <i>Group Exercise 1 or 2</i>	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>			Vinyasa Flow Yoga 9:00 AM - 10:00 AM Derik McCuiston <i>Group Exercise 2</i> No Class 1/1	Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez <i>Pool</i>				
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	Comp Center Training 1:30 - 2:30 PM <i>Group Exercise 1</i>		SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i> No Class 1/1	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>		Align & Flow Yoga 10:30AM - 11:30AM Megan Beener <i>Group Exercise 2</i>	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer <i>Group Exercise 2</i>	
							Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>				
			L1 Aerial Arts: 6+ 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>					Comp Center Training 3:00 - 4:00 PM <i>Group Exercise 1</i>			
				Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>			L1 Aerial Arts: 8+ 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>				
		Zumba® Fitness 5:30pm - 6:30pm Barbara Klontz <i>Group Exercise 1</i>	L2/3 Aerial Arts: 8+ 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>				L2/3 Aerial Arts: 8+ 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>	Friday Night Spin 5:30pm - 6:30pm Samuel Orseno <i>Group Exercise 1</i> No Class 1/30			
	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener <i>Group Exercise 2</i>			Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>							
		Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner <i>HIIT Studio</i>					Winter Conditioning 6:00 - 7:00 PM Sonia Chowdhury <i>HIIT Studio</i> No Class 1/1	Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon <i>Gymnastics Studio</i>			
Raoni Orlandi <i>Group Exercise 1</i>			Creative Dance 7:00PM - 8:00PM Malinda Rinne <i>Group Exercise 2</i>	Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>							

Classes at a Glance

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

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.