

January Fitness Schedule							Fraser Valley Rec WHERE THE FUN BEGINS													
Monday		Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday												
<b>Aerial Silks Sequences</b> 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio Begins 1/12					<b>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!</b>															
<b>Power Sculpt</b> 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	<b>Intro to Strength Training</b> 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO Begins 1/12/26	<b>Power Vinyasa</b> 7:45AM - 8:45AM Stacy Kempher Group Exercise 2	<b>Power Hour</b> 7:45 - 8:45 AM Katie Hardie Group Exercise 1	<b>Intro to Strength Training</b> 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO Begins 1/12/26	<b>Spin &amp; Sculpt</b> 7:45 - 8:45 AM Deanne Bugos Group Exercise 1 No Class 1/1	<b>Yoga Fusion</b> 8:00 AM - 9:00 AM Christina Russell Group Exercise 1	<b>Intro to Strength Training</b> 7:45 - 8:45 AM Matt & Cherie Chan HIIT STUDIO Begins 1/12/26													
<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Susan Meddick Pool	<b>Slow Flow Yoga</b> 9:00 AM - 10:00 AM Dallas Franklin Group Exercise 1	<b>Mat Pilates</b> 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2	<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Susan Meddick Pool			<b>Vinyasa Flow Yoga</b> 9:00 AM - 10:00 AM Derik McCuistion Group Exercise 2 No Class 1/1	<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Leslie Januez Pool													
<b>SS Yoga</b> 10:15 - 11:15 AM Dallas Franklin Group Exercise 1		<b>Silver Sneakers Classic</b> 10:15 - 11:15 AM Mary Wagner Group Exercise 1	<b>Silver Sneakers Circuit</b> 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	<b>Comp Center Training</b> 1:30 - 2:30 PM Group Exercise 1	<b>SS Yoga</b> 10:15 - 11:15 AM Kristen Hessler Group Exercise 1 No Class 1/1		<b>Silver Sneakers Classic</b> 10:15 - 11:15 AM Mary Wagner Group Exercise 1	<b>Align &amp; Flow Yoga</b> 10:30AM - 11:30AM Megan Beener Group Exercise 2												
<b>Jiu-Jitsu</b> 4:30 - 7:30 PM						<b>Aerial Conditioning &amp; Flow</b> 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2		<b>Power Vinyasa</b> 10:30AM - 11:30AM Stacy Kempher Group Exercise 2												
<b>Winter Conditioning</b> 5:30 - 6:30 PM Thor Knutson HIIT Studio	<b>Align &amp; Flow Yoga</b> 5:30 - 6:30 PM Megan Beener Group Exercise 2	<b>Zumba® Fitness</b> 5:30pm - 6:30pm Barbara Klontz Group Exercise 1	<b>L1 Aerial Arts: 6+</b> 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	<b>Jiu-Jitsu: Youth 6-9</b> 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1	<b>L1 Aerial Arts: 8+</b> 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	<b>Comp Center Training</b> 3:00 - 4:00 PM Group Exercise 1														
<b>Raoni Orlandi</b> Group Exercise 1			<b>L2/3 Aerial Arts: 8+</b> 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2	<b>Jiu-Jitsu: Youth 10+</b> 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1	<b>L2/3 Aerial Arts: 8+</b> 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2	<b>Friday Night Spin</b> 5:30pm - 6:30pm Samuel Orseno Group Exercise 1 No Class 1/30														
		<b>Intro to Olympic Lifting</b> 6:30 - 7:30 PM Nico Rithner HIIT Studio		<b>Creative Dance</b> 7:00PM - 8:00PM Malinda Rinne Group Exercise 2	<b>Jiu-Jitsu: Adult</b> 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1	<b>Winter Conditioning</b> 6:00 - 7:00 PM Sonia Chowdhury HIIT Studio No Class 1/1	<b>Aerial Fabrics</b> 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio													
								<b>Classes at a Glance</b>												
								<table border="1"> <tr><td>Aerial Fitness</td><td>Strength Training Focus</td></tr> <tr><td></td><td>Active Aging</td></tr> <tr><td></td><td>Cardiovascular Focus</td></tr> <tr><td></td><td>Mind/Body</td></tr> <tr><td></td><td>Class Series</td></tr> <tr><td></td><td>Other</td></tr> </table>	Aerial Fitness	Strength Training Focus		Active Aging		Cardiovascular Focus		Mind/Body		Class Series		Other
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.