

October Fitness Schedule								 Fraser Valley Rec WHERE YOU RUN BELONGS			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio								Fall Boot Camp 6:30 - 7:30 AM Thor Knutson HIIT Studio No Class 10/15, 10/22 & 10/29			
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1		Butts & Guts 7:45AM - 8:45AM Stacy Cravens Group Exercise 2		Power Hour 7:45 - 8:45 AM Katie Hardie Group Exercise 1		Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1 No Clas 10/1		Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1			
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool		Mat Pilates 9:00AM - 10:00AM Paige Walker Group Exercise 2		Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool				Vinyasa Yoga 9:00AM - 10:00AM Derik McCuiston Group Exercise 2		Silver Sneakers Splash 9:00 - 10:00 AM Ana Morales 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 Pinnick Group Exercise 1		SS Yoga 10:15 - 11:15 AM Kristen Pinnick Group Exercise 1 No Class 10/15		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1		Power Vinyasa 10:30AM - 11:30AM Stacy Cravens Group Exercise 2	
		Ski Conditioning Series 2026 Monday/Wednesday: 9:00 AM - 10:00 AM Monday/Wednesday: 5:30 PM - 6:30 PM Tuesday/Thursday: 9:00 AM - 10:00 AM Tuesday/Thursday: 5:30 PM - 6:30 PM John Florkiewicz Gymnasium						Classes at a Glance Aerial Fitness Strength Training Focus Active Aging Cardiovascular Focus Mind/Body Class Series Other			
Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio	Align & Flow Yoga 5:30PM - 6:30PM Megan Beener Group Exercise 2	Comp Center Practice 5:00 - 6:00 PM Group Exercise 1		Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio		Comp Center Practice 5:00 - 6:00 PM Group Exercise 1					
FALL Jiu-Jitsu Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1		Dance Vibes 5:30 - 6:30 PM Kristi Somson Group Exercise 2 October Only!		FALL Jiu-Jitsu Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1				Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio			

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.