October Fitness Schedule - Group Exercise #1 Only

Fraser Valley Rec
WHERE THE FUN BEGINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos *Group Exercise 1*	**Butts & Guts** 7:45AM - 8:45 AM Stacy Cravens *Group Exercise 2* **No Class 10/27**	**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*
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* **No Class 10/13**	**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
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*	**WPCC** 5:00-6:30 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*	**WPCC** 5:00-6:30 PM *Group Exercise 1*	

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.