November Fitness Schedule

Fraser Valley Rec — WHERE THE FUN BEGINS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos *Group Exercise 1*	**Butts & Guts** 7:45-8:45 AM Stacy Cravens Will Return in December!	**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 Class 11/26***	**Foundations of Strength** 7:45-8:45 AM Cherie and Matt Chan *HIIT Studio*	**Please Note:** **The facility will be closed Thanksgiving Day.**	
Foundations of Strength 7:45-8:45 AM Cherie and Matt Chan *HIIT Studio*		**Foundations of Strength** 7:45-8:45 AM Cherie and Matt Chan *HIIT Studio*		**Yoga Fusion** 8:00 AM - 9:00 AM Christina Russell *Group Exercise 1*		
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty *Gymnastics Studio*						
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick *Pool*		**Silver Sneakers Splash** 9:00 - 10:00 AM Susan Meddick *Pool*	**Vinyasa Yoga** 9:00AM - 10:00AM Derik McCuistion *Group Exercise 2* **No Class 11/26**	**Silver Sneakers Splash** 9:00 - 10:00 AM Ana Morales *Pool*		
SS Yoga 10:15 - 11:15 AM Dallas Franklin *Group Exercise 1*	**SS Classic** 10:15 - 11:15 AM Mary Wagner *Group Exercise 1* **No Class 11/24**	**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 11/26***	**Silver Sneakers Classic** 10:15 - 11:15 AM Mary Wagner *Group Exercise 1*		**Power Vinyasa** 10:30AM - 11:30AM Will Return in December!
	Wellness Coaching 11:30 - 12:45 PM Dani Deramo *Group Exercise 2*					
	Wellness Coaching 12:45 - 1:30 PM Dani Deramo *Group Exercise 2*	**WPCC** 1:30-2:30PM *Group Exercise 1*				
Olympic Weightlifting 5:30-6:30PM Nico Rithner *HIIT Studio* ***New Series Starts 11/9***	**Dance Vibes!** 5:30-6:30PM Kristi Sornsen *Group Exercise 2* **No Class 11/24**	**Olympic Weightlifting** 5:30-6:30PM Nico Rithner *HIIT Studio* **New Series Starts 11/9**		**Aerial Fabrics** 6:30 - 7:30 PM Bill Gugerty *Gymnastics Studio*		
Align & Flow Yoga 5:30PM - 6:30PM Megan Beener *Group Exercise 2*				**WPCC** 3:00-4:00 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*		**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*		**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*		

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 Ser vices 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.