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Rath Eastlink Community Centre
UPCOMING EVENTS

Winter Group Exercise Schedule! Begins January 5

Monday:	Thursday:
6:00 am Spin - Tammy	6:00 am Bootcamp - Camilla
9:15 am Strength & Stretch - Laura	9:15 am Zumba (45 mins) - Celeste
10:30 am Moms & Babies Walking Group (Track)	10:30 am* Older Adult Fitness Class - Sheila Rafferty
10:45 am Spin (45 mins) - Jodie	12:15 am Bootcamp (45 mins) - Camilla
12:15 pm Medley (45 mins) - Laura	3:45 pm Children's Yoga (45 mins) - Celeste
4:30 pm Bootcamp - Camilla	4:30 pm Basic Yoga - Laura
5:30 pm Zumba - Tammy	5:30 pm Medley - Laura
6:30 pm Muscle Power - Tammy	5:30 pm Spin (45 mins) - Tammy
7:30 pm Yoga	6:30 pm Zumba - Tammy

Tuesday:	Friday:
6:00 am Bootcamp - Joleen	6:00 am Spin - Tammy
9:15 am Spin - Camilla	9:15 am Gentle Yoga - Deanna
10:30 am Older Adult Fitness Class - Sheila Rafferty	9:30 pm Older Adult Walking Group - (Track)
12:15 pm Bootcamp (45 min) - Jodie / Heather	10:30 am Basic Bootcamp - Camilla
4:30 pm Strength & Stretch - Laura	12:15 am Muscle Power (45 mins) - Laura
5:30 pm Spin (45 min) - Camilla	4:30 pm Basic Spin (45 mins) - Stephen
6:30 pm Bootcamp - Camilla	

Wednesday:	Saturday:
6:00 am Spin - Tammy	8:15 am Saturday Surprise - Various
9:15 am Basic Bootcamp - Camilla	9:15 am Zumba - Tammy
10:30 am Gentle Yoga - Deanna	10:30 am Zumba Kids (45 mins) - Tammy
10:30 am Older Adult Walking Group - (Track)	
11:30 am Chair Yoga (45 mins) - Deanna	Sunday:
4:30 pm Spin - Camilla	8:15 am Yoga - Leah
5:30 pm Muscle Power - Laura	
6:30 pm Yoga - Kristina	

Schedule Subject to change - all classes are 60 minutes unless otherwise indicated.
 *For more information on this class, please contact Sheila Rafferty at: Sheila.j.rafferty@gmail.com or by phone at 902-896-2300

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