ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᓇᒡᒋᔾᔭᐅ ᓇᒡᒋᔾᔭᐅᓕᖅᑭ ᐱᖓᑦᓯᖅ ᑎᓴᒻᒥᖅ ᑕᓪᓕᕐᒥᖅ ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ ᓈᑦᓯᐅᖑᔭᖅ
ᐃᑲᕐᕋᖏᑦ: 7:00-7:45ᐅᓪᓛᒃᑯᑦ 7:00-7:45ᐅᓪᓛᒃᑯᑦ 7:00-7:45ᐅᓪᓛᒃᑯᑦ

BOOTCAMP BOOTCAMP BOOTCAMP

ᓇᒡᒋᔾᔭᐅᒥᑦ ᑕᓪᓕᒥᕐᒧᑦ ᐊᒥᓲᖏᑦᑐᑦ ᐃᖃᐃᓕᓴᖅᑐᑦ ᐊᒥᓲᖏᑦᑐᑦ ᐃᖃᐃᓕᓴᖅᑐᑦ ᐊᒥᓲᖏᑦᑐᑦ ᐃᖃᐃᓕᓴᖅᑐᑦ
6:30ᐅᓪᓛᒃᑯᑦ-10:00ᐅᓐᓄᒃᑯᑦ ᓯᐅᕋ ᑏ. ᓯᐅᕋ ᑏ. ᓯᐅᕋ ᑏ. 10:00-10:45ᐅᓐᓄᒃᑯᑦ
AQX AQUAFIT
ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ ᔭᓯ
9-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 9-ᒧᑦ ᐅᓐᓄᒃᑯᑦ 10:00-11:00ᐅᓐᓄᒃᑯᑦ
12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ RIP
ᓈᑦᓯᐅᖑᔭᖅ ZUMBA VINYASA YOGA ABS CIRCUIT URBAN DANCE SPIN ᓯᐅᕋ ᑏ.
10-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 8-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᑳᑐᕋᓐ ᐃᐅᕆᑲ ᓂᒃ ᐋᓐ-ᒧᕆ ᔨᐅᕋᑦ 12:00-1:00ᐅᓪᓗᒃᑯᑦ

TRANSFORMATION

ᐃᓕᓐᓂᐊᕈᑏᑦ CHALLENGE 2:00-2:45ᐅᓐᓄᓴᒃᑯᑦ
ᐃᓕᓐᓂᐊᕆᐊᖅᑐᑦ ᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ SPIN
*ᐃᓯᕈᑎᓃᑦᑐᐃᓐᓇᐃᑦ 5:30-6:30ᐅᓐᓄᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30-6:30ᐅᓪᓗᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30 - 6:30ᐅᓪᓗᒃᑯᑦ 1:15-2:15ᐅᓐᓄᓴᒃᑯᑦ ᔨᐅᕋᑦ
ᓄᒃᑭᒐᓱᑦᑐᑦ RIP TRANSFORMATION VINYASA YOGA TRANSFORMATION ABS CIRCUIT FLOW YOGA 3:00-4:00ᐅᓪᓗᒃᑯᑦ
ᐃᖃᐃᓕᓴᕕᔾᔪᐊᖅᑐᑦ ᑎᐅᕋᓐ CHALLENGE ᐃᐅᕆᑲ CHALLENGE ᓂᒃ ᐃᐅᓪᓯ ZUMBA STRONG

ᐆᒻᒪᑎᒨᖓᓂᕐᓴᐃᑦ 6:45 pm-7:15pm ᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ ᓯᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ ᐋᓐ-ᒧᕆ
ᐊᐅᓚᔭᓐᓇᖅᑐᑦ 6:45-7:45 ᐅᓐᓄᒃᑯᑦ 6:45-7:45ᐅᓐᓄᒃᑯᑦ 6:45-7:45ᐅᓐᓄᒃᑯᑦ 4:15-5:15ᐅᓐᓄᓴᒃᑯᑦ
ᐳᐃᔾᔪᕋᕐᕕᒻᒥ POWER YOGA 7:15-7:45ᐅᓐᓄᒃᑯᑦ GROUP STRENGTH GROUP STRENGTH YING YANG YOGA
ᔫᒐ ᑎᐅᕋᓐ HIIT CIRCUIT ᓂᒃ ᓂᒃ ᐃᐅᕆᑲ
ᐊᑎᓕᐅᕐᓯᒪᔪᑦ ᓯᐅᕋ ᐊᐃ.
ᐃᓕᓐᓂᐊᖅᑏᑦ 7:15-8:00 ᐅᓐᓄᒃᑯᑦ 7:15-8:00ᐅᓐᓄᒃᑯᑦ BEGINNERS YOGA
*ᐊᑎᓕᐅᕆᐊᓕᒃ AQX AQUAFIT AQX AQUAFIT ᐃᐅᓪᓯ
ᐊᑐᖅᑕᐅᓗᐊᖅᐸᖏᑦᑐᑦ ᐋᓐ-ᒧᕆ ᔭᓯ
ᑲᑎᖕᖓᔪᑦ ᐱᓕᒻᒪᓴᖅᑐᑦ

ᐳᐃᔾᔪᕋᕐᕕᖃᕐᕕᒻᒥ ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᐅᓪᓗᕐᓯᐅᑎᖓᑦ

*ᐃᓕᓐᓂᐊᕈᑎᓄᑦ ᐃᓯᕈᑎᖃᕆᐊᓖᑦ ᐃᓘᓐᓇᑎᒃ ᐃᓕᓐᓂᐊᕈᑏᑦ. ᐱᔨᑦᓯᕋᖅᑎ ᑕᑯᓂᐊᕆᐊᓕᒃ ᐃᑲᕐᕋᐅᑉ ᐊᑕᐅᓯᐅᑉ ᓯᕗᓂᐊᓂ ᐃᓕᓐᓂᐊᓚᐅᖏᓂᕐᒥᓂ ᐃᓯᕈᑎᑖᕐᓂᐊᕐᒪᑕ.

ᓰᑏᐱᕆ 16 - ᑏᓰᐱᕆ 10, 2019

ᐅᑭᐅᒃᑯᑦ ᐅᓪᓗᕐᓯᐅᑦ 2019

7:15-7:45
ᐱᒋᐊᖅᐸᓪᓕᐊᓕᑕᐃᓐ
ᓇᖅᑐᓄᑦ ᔫᒐ