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. 10:00-10:45ᐅᓪᓗᒃᑯᑦ
6:45-7:30ᐅᓪᓛᒃᑯᑦ AQUAFIT
ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ AQUAFIT ᔭᓯ
9-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 9-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᔭᓯ 10:00-11:00ᐅᓐᓄᒃᑯᑦ
12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ 12:15-12:45ᐅᓐᓄᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ RIP
ᓈᑦᓯᐅᖑᔭᖅ ABS CIRCUIT VINYASA YOGA AQUA JOGGING HIIT CIRCUIT SPIN
10-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 8-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᓂᒃ ᐃᐅᕆᑲ ᔭᓯ ᓂᒃ ᓯᐅᕋ ᑏ. 11:15-11:45ᐅᓐᓄᓴᒃᑯᑦ
12:15-12:45ᐅᓪᓗᒃᑯᑦ CARDIO BLAST

ᐃᓕᓐᓂᐊᕈᑏᑦ SPIN ᓯᐅᕋ ᐊᐃ. 2:00-2:45ᐅᓐᓄᓴᒃᑯᑦ
ᐃᓕᓐᓂᐊᕆᐊᖅᑐᑦ ᓯᐅᕋ ᑏ. 12:00-1:00ᐅᓪᓗᒃᑯᑦ SPIN
*ᐃᓯᕈᑎᓃᑦᑐᐃᓐᓇᐃᑦ 5:30-6:30ᐅᓐᓄᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30-6:30ᐅᓪᓗᒃᑯᑦ 6:00-7:00ᐅᓐᓄᒃᑯᑦ 5:30 - 6:30ᐅᓪᓗᒃᑯᑦ TRANSFORMATION ᓯᐅᕋ ᑏ.
ᓄᒃᑭᒐᓱᑦᑐᑦ RIP TRANSFORMATION VINYASA YOGA TRANSFORMATION ABS CIRCUIT CHALLENGE 4:00-5:00ᐅᓐᓄᓴᒃᑯᑦ
ᐃᖃᐃᓕᓴᕕᔾᔪᐊᖅᑐᑦ ᑎᐅᕋᓐ CHALLENGE ᐃᐅᕆᑲ CHALLENGE ᓂᒃ ᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ YING YANG YOGA

ᐆᒻᒪᑎᒨᖓᓂᕐᓴᐃᑦ 6:45 pm-7:15pm ᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ ᓯᓯᐅᕋ ᐊᐃ./ᐃᐅᓪᓯ Starting April 23rd ᐃᐅᕆᑲ
ᐊᐅᓚᔭᓐᓇᖅᑐᑦ 6:45-7:45 ᐅᓐᓄᒃᑯᑦ Starting April 23rd 6:45-7:45ᐅᓐᓄᒃᑯᑦ Starting April 23rd 6:45-7:45ᐅᓐᓄᒃᑯᑦ 1:15-2:15ᐅᓐᓄᓴᒃᑯᑦ
ᐳᐃᔾᔪᕋᕐᕕᒻᒥ POWER YOGA 6:30-7:15ᐅᓐᓄᒃᑯᑦ GROUP STRENGTH 6:30-7:15ᐅᓐᓄᒃᑯᑦ GROUP STRENGTH FLOW YOGA

ᔫᒐ ᑎᐅᕋᓐ AQX AQUAFIT ᓂᒃ AQX AQUAFIT ᓂᒃ ᐃᐅᓪᓯ
ᐊᑎᓕᐅᕐᓯᒪᔪᑦ ᔭᓯ ᔭᓯ
ᐃᓕᓐᓂᐊᖅᑏᑦ

*ᐊᑎᓕᐅᕆᐊᓕᒃ 7:15-7:45ᐅᓐᓄᒃᑯᑦ 7:15-7:45ᐅᓐᓄᒃᑯᑦ
ᐊᑐᖅᑕᐅᓗᐊᖅᐸᖏᑦᑐᑦ HIIT CIRCUIT YIN YOGA
ᑲᑎᖕᖓᔪᑦ ᐱᓕᒻᒪᓴᖅᑐᑦ ᓯᐅᕋ ᐊᐃ. ᐃᐅᓪᓯ

ᐳᐃᔾᔪᕋᕐᕕᖃᕐᕕᒻᒥ ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᐅᓪᓗᕐᓯᐅᑎᖓᑦ

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

ᐃᐳᕈ 8- ᔪᓚᐃ 13, 2019

ᐅᑭᐅᒃᑯᑦ ᐅᓪᓗᕐᓯᐅᑦ 2019