ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᓇᒡᒋᔾᔭᐅ ᓇᒡᒋᔾᔭᐅᓕᖅᑭ ᐱᖓᑦᓯᖅ ᑎᓴᒻᒥᖅ ᑕᓪᓕᕐᒥᖅ ᓈᑦᓯᐅᖑᔭᓛᕐᓂᐊᖅ ᓈᑦᓯᐅᖑᔭᖅ
ᐃᑲᕐᕋᖏᑦ:

ᓇᒡᒋᔾᔭᐅᒥᑦ ᑕᓪᓕᒥᕐᒧᑦ
6:30ᐅᓪᓛᒃᑯᑦ-10:00ᐅᓐᓄᒃᑯᑦ 10:00-10:45ᐅᓪᓗᒃᑯᑦ
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 12:15-12:45ᐅᓐᓄᒃᑯᑦ 12:15-12:45ᐅᓪᓗᒃᑯᑦ RIP
ᓈᑦᓯᐅᖑᔭᖅ ABS CIRCUIT VINYASA YOGA ZUMBA HIIT CIRCUIT URBAN DANCE ᓯᐅᕋ ᑏ.
10-ᒥᑦ ᐅᓪᓛᒃᑯᑦ 8-ᒧᑦ ᐅᓐᓄᒃᑯᑦ ᓂᒃ ᐃᐅᕆᑲ ᑳᑐᕋᓐ ᐋᓐ-ᒧᕆ ᐋᓐ-ᒧᕆ
ᐱᒋᐊᕐᕕᖓ ᔪᓚᐃ 31

ᐃᓕᓐᓂᐊᕈᑏᑦ
ᐃᓕᓐᓂᐊᕆᐊᖅᑐᑦ
*ᐃᓯᕈᑎᓃᑦᑐᐃᓐᓇᐃᑦ 5:30-6:30ᐅᓐᓄᒃᑯᑦ 3:00-4:00ᐅᓪᓗᒃᑯᑦ 5:30-6:30ᐅᓪᓗᒃᑯᑦ 5:30-6:30ᐅᓐᓄᒃᑯᑦ 5:30 - 6:30ᐅᓪᓗᒃᑯᑦ
ᓄᒃᑭᒐᓱᑦᑐᑦ RIP ZUMBA STRONG VINYASA YOGA POWER SCULPT ABS CIRCUIT 3:00-4:00ᐅᓪᓗᒃᑯᑦ

ᐃᖃᐃᓕᓴᕕᔾᔪᐊᖅᑐᑦ ᑎᐅᕋᓐ ᐋᓐ-ᒧᕆ ᐃᐅᕆᑲ ᐋᓐ-ᒧᕆ ᓂᒃ ZUMBA STRONG
ᐆᒻᒪᑎᒨᖓᓂᕐᓴᐃᑦ 6:45 pm-7:15pm ᐋᓐ-ᒧᕆ

ᐊᐅᓚᔭᓐᓇᖅᑐᑦ 6:45-7:45 ᐅᓐᓄᒃᑯᑦ 7:15-7:45ᐅᓐᓄᒃᑯᑦ 6:45-7:45ᐅᓐᓄᒃᑯᑦ 4:15-5:15ᐅᓐᓄᓴᒃᑯᑦ
ᐳᐃᔾᔪᕋᕐᕕᒻᒥ POWER YOGA HIIT CIRCUIT FLOW YOGA YING YANG YOGA
ᔫᒐ ᑎᐅᕋᓐ ᓯᐅᕋ ᐊᐃ. ᐃᐅᓪᓯ ᐃᐅᕆᑲ
ᐊᑎᓕᐅᕐᓯᒪᔪᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ

*ᐊᑎᓕᐅᕆᐊᓕᒃ
ᐊᑐᖅᑕᐅᓗᐊᖅᐸᖏᑦᑐᑦ
ᑲᑎᖕᖓᔪᑦ ᐱᓕᒻᒪᓴᖅᑐᑦ

ᐳᐃᔾᔪᕋᕐᕕᖃᕐᕕᒻᒥ ᐃᖃᐃᓕᓴᕐᕕᐅᑉ ᐅᓪᓗᕐᓯᐅᑎᖓᑦ

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

ᔪᓚᐃ 15- ᐋᒐᓯ 10, 2019

ᐊᐅᔭᒃᑯᑦ ᐅᓪᓗᕐᓯᐅᑦ 2019