

# NATIONSWEST FIELDHOUSE

## Group Land Fitness Fall 2017

MON	TUES	WED	THURS	FRI
<b>Run a 5K</b> 6:15-7:00am NWFH	<b>Stretch &amp; Strengthen</b> 9:15-10:00am NWFH	<b>Run a 5K</b> 6:15-7:00am NWFH	<b>Tots &amp; Toning</b> 10:05-10:55am NWFH	
<b>Mommy &amp; Me</b> 9:30-10:30 NWFH	<b>TRX</b> 12:10-12:50pm NWFH	<b>Mommy &amp; Me</b> 9:30-10:30 NWFH	<b>Fit In Thirty</b> 12:10-12:40pm NWFH <i>Drop In or Use Membership</i>	
		<b>Gentle Yoga</b> 2:00-3:30pm 3rd Ave United Church		
<b>TBC</b> 5:30-6:30pm DRC Upper Mezz  <b>Yoga</b> 5:30-6:30pm 3rd Ave United Church	<b>TRX</b> 5:30-6:30pm NWFH	<b>Yoga</b> 5:30-6:30pm 3rd Ave United Church		<b>Yoga</b> 5:30-6:30pm 3rd Ave United Church
<b>Zumba</b> 7:00-8:00 DRC Upper Mezz		<b>STRONG by Zumba</b> DRC Upper Mezz 6:00-7:00pm  <b>Yoga</b> 7:00-8:00pm 3rd Ave United Church		

***All land fitness classes require registration (except Fit in Thirty)***

***Start dates vary***

Call 306-445-1755, 306-445-1790 or visit the Field House or Don Ross Centre (Door #5) for more info or to register.



## Aqua Fitness Classes Fall 2017

MON	TUES	WED	THURS	FRI
Guts & Glutes 6:30-7:15am		Guts & Glutes 6:30-7:15am		Guts & Glutes 6:30-7:15am
ACT 3:10-3:40pm	Golden Oldies & Coffee Talk 3:10-3:40pm	ACT 3:10-3:40pm	Golden Oldies & Coffee Talk 3:10-3:40pm	
	Classic Aquafit 12:10-12:50pm	Classic Aquafit 12:10-12:50pm		
			River Run 5:15-6:00 pm	
			Swimsanity 6:00-6:45pm	
		Deep Water Walking (self led) 7:00-9:00 pm		

**Classes begin September 11 (NO CLASSES September 4-8)**

Watch for **NEW CLASSES** beginning in October!

**\*\*Baby Boats are available for use during all Aquafit classes\*\***

***Drop in fees or membership rates apply for Aqua Fitness Classes***

Call 306-445-1745 or visit the Aquatic Centre for more info