

NATIONSWEST FIELDHOUSE

| LAND FITNESS CLASSES 2016 | MON | TUES | WED | THURS | FRI |
|--|--|----------------------------|---|----------------------------|---------------------|
| Boot Camp Wake Up Call (Oct 25-Dec1) (Strength, cardio and circuit training) <i>ONLY \$60 (12 classes)</i> | 6-6:45AM Chantel | | | | 6-6:45AM Chantel |
| Family Fit (Oct 26-Nov 30) (Kids play supervised & parents get an instructor led cardio and strength workout) <i>\$60 1 adult & 1 child</i> <i>\$45 adult only (6 classes)</i> | | | 6:15 - 7:00PM (with child care) Chantel | | |
| Tumbling Tots & Track (Oct 25-Dec 1) (Kids play supervised & parents get an instructor led cardio and strength workout) <i>\$115 1 adult & 1 child, \$15/extra child</i> <i>\$90 adult only (12 classes)</i> | | 10:10 -10:50 AM Tiffany | | 10:10 -10:50 AM Tiffany | |
| Cardio Combo Class (Oct 25-Dec1) (Cardio & strength training) <i>\$ONLY \$60 (12 classes)</i> | | 12:10-12:50PM Tiffany | | 12:10-12:50PM Tiffany | |
| INSANITY® Live (Oct 31- Dec5) (High intensity Full Body Conditioning) <i>\$60 1 adult & 1 child, \$15/extra child</i> | 10:-10:55AM (with childcare) 12:10PM-12:50PM | | 6:00 - 6:45AM Chantel | | |

***All land fitness classes are registration unless otherwise noted. \$9 Drop In Fee Permitted - Call ahead for availability.
Phone 306-445-1790 to register.**

* Fitness classes and instructors are subject to change. *ALL FITNESS LEVELS WELCOME!*