



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE

Fitness Program Schedule

Monday April 16 – June 4	Tuesday April 17 – June 5	Wednesday April 18 – June 6	Thursday April 19 – June 7	Friday April 20 – June 8
			Fundamental Fitness 9:30am-10:30am \$110.00 Shelley	
Core Fitness Tune Up Class for +55 11:00am-12:00pm \$110.00 Nina	Low Impact Circuit Training 11:00am-12:00pm \$110.00 Shelley	Nordic Walking 11:00am-12:00pm \$100.00 Nina	Introduction to Yoga 1:30pm-2:30pm \$70 Lynda <i>*5 weeks only*</i>	Core & Stretch 12:00pm-1:00pm \$110.00 Dana
Bootcamp 6:30pm-7:30pm \$110.00 Dana	Pilates 4:30pm-5:30pm \$150 Martina <i>*6 weeks only*</i>	HIIT 6:30pm-7:30pm \$110.00 Shelley		

**All programs are 8 weeks in length except where noted* All prices subject to HST*