

Whistler Athletes' Centre Fitness Classes

September 6- December 16, 2016

grow
sport



	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
6:15 – 7:15am	<u>*See website</u>	<u>for early</u>	<u>morning</u>	<u>class</u>	<u>options</u>
9:00am- 10am	TRX Tami	Winter Fit Circuit Jen	TRX Tami	TRX Mixer Sara	Winter Fit Circuit Jen
10:15am- 11:15am			10:30 – 11:30am *PLAYtots Parent &Tots 1 - 3yrs Tami	Low impact circuit Sara	
5:30 - 6:30pm	TRX mixer Jen	Winter Fit Circuit Alana		Winter Fit Circuit Jen	
6:45 – 7:45pm	Cardio & Strength Jen	Core & Stretch Alana	*6:00pm- 7pm NIA with Nancy		

NO CLASSES

Mon. Sept. 5: Labour day

Tues. Sept. 20: No evening classes; *Women in leadership workshop 6 – 9, anyone welcome \$15.00*

Mon. Oct. 10: Thanksgiving

Mon. Oct. 31: No evening classes ;Halloween

Tues. Nov. 8: No evening classes *Women in leadership workshop 6 – 9, anyone welcome \$15.00*

Fri. Nov. 11 :Remembrance Day

Mon. Dec. 5 & Tues. Dec. 6: No classes

*Classes with * must be pre registered, check out www.whistlersportlegacies.com on how to register for class

Whistler Athletes' Centre

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