



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	BootCamp MP Room 6:30 – 7:30	TRX Factor Bookable Weight Room 6:30 – 7:30	BootCamp MP Room 6:30 – 7:30	Rise 'n' Ride U159 6:30 – 7:15	BootCamp MP Room 6:30 – 7:30		
		Core Pilates U155 7:30 – 8:20	Hatha Yoga U155 7:20 – 8:20	Focus Pilates U155 7:30 – 8:20			
						Variety Pack U159 9:00 – 9:50	
						Chisel Plus U155 9:45 – 11:00	
						Powerpace 'n' Core U159 10:00 – 10:55	
	Variety Pack U159 11:05 – 11:55	Vinyasa Flow U155 11:05 – 11:55		Fire & Water U155 11:05 – 11:55		BootCamp U159 11:05 – 12:05	All Terrain U159 11:00 – 12:00
	Fusion U155 11:05 – 11:55	Power BootCamp MP Room 11:30 – 12:00	Yoga R'n'R U155 11:05 – 11:55	Power BootCamp MP Room 11:30 – 12:00		Absolution U155 11:15 – 11:45	Bellyfit U155 11:00 – 12:00
Noon	Strides & Strength Track 12:05 – 12:55	SPINergize U159 12:05 – 12:55	Strides & Strength Track 12:05 – 12:55	Powerpace 'n' Core U159 12:05 – 12:55	Hottie Body MP Room 12:05 – 12:55	Capoeira U155 12:00 – 1:00	
	Pilates – Level 1 U155 12:05 – 12:55	Hatha Yoga U155 12:05 – 12:55	Step it Up! MP Room 12:05 – 12:55	Hatha Yoga U155 12:05 – 12:55	TRX Factor Bookable Weight Room 12:05 – 12:55	<h2>Legend</h2> <p> Fitness Centre (Registration or drop-in passes)</p> <p> Instructional Class (Registration only - no drop-in passes)</p> <ul style="list-style-type: none"> <li>• Class schedules and instructors are subject to change. (For the most up-to-date information, check the Winter Fitness Schedule online at <a href="http://mtroyal.ca/recreation">mtroyal.ca/recreation</a>.)</li> <li>• Revised January 20, 2010.</li> <li>* Please check registration dates.</li> </ul>	
	Tai Chi MP Room 12:05 – 12:55	Flex Appeal MP Room 12:15 – 12:55	Yoga Core Fusion U159 12:05 – 12:55		Power Yoga U159 12:05 – 12:55		
			Pilates – Level 1 U155 12:05 – 12:55		TGIF U155 12:15 – 12:45		
	You're Losin' It! MP Room 1:05 – 2:00	Tums 'n' Bums MP Room 1:05 – 1:50	You're Losin' It! Track 1:05 – 2:00	Tums 'n' Bums MP Room 1:05 – 1:50	Gear Up 'n' Gear Down U159 1:05 – 1:55		
					Latin Cardio Rhythms MP Room 1:05 – 1:55		
	Body Series (Abs) U155 1:15 – 1:45	Body Series (Butt/Legs) U159 1:15 – 1:45	Body Series (Shoulders/Arms) U159 1:15 – 1:45	Body Series (Chest/Back) U159 1:15 – 1:45			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY												
<b>After Work</b>		BootCamp MP Room 3:30 – 4:30		BootCamp MP Room 3:30 – 4:30	<p><b>REGISTRATION NOTES</b></p> <ul style="list-style-type: none"> <li>• No classes on Feb 15–21 and Apr 2–5.</li> <li>• Mount Royal Recreation reserves the right to cancel classes due to low registration.</li> <li>• Registration in one class is non-transferable to another class (e.g. make up classes are not allowed).</li> <li>• Registered participant spots are only guaranteed until class start time.</li> </ul> <p><b>DROP-IN PASSES</b></p> <p>If your schedule is unpredictable, try our drop-in passes. Get your passes early to avoid line-ups!</p> <table border="1"> <thead> <tr> <th></th> <th>Single</th> <th>Five Pack</th> <th>Twelve Pack</th> </tr> </thead> <tbody> <tr> <td>Member</td> <td>\$ 6.00</td> <td>28.75</td> <td>63.00</td> </tr> <tr> <td>Non-member</td> <td>\$ 8.50</td> <td>40.25</td> <td>88.00</td> </tr> </tbody> </table> <p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>• Some classes may fill – registered participants will be given first priority.</li> <li>• All drop-in passes are non-refundable.</li> <li>• Drop-in passes are non-transferable between individuals.</li> <li>• Drop-in passes are non-transferable between semesters.</li> </ul>				Single	Five Pack	Twelve Pack	Member	\$ 6.00	28.75	63.00	Non-member	\$ 8.50	40.25	88.00
		Single	Five Pack	Twelve Pack															
	Member	\$ 6.00	28.75	63.00															
	Non-member	\$ 8.50	40.25	88.00															
	Deep H <sub>2</sub> O Workout Pool 4:45 – 5:45	You're Losin' It! MP Room 4:45 – 5:45	Deep H <sub>2</sub> O Workout Pool 4:45 – 5:45	You're Losin' It! Track 4:45 – 5:45															
		Pace 'n' Race U159/Track 4:45 – 5:45	Yoga BootCamp U159 4:50 – 5:50	Pace 'n' Race U159/Track 4:45 – 5:45															
20!20!20! U159 4:50 – 5:50	Pilates – Level 1 U155 4:45 – 5:45		Pilates – Level 1 U155 4:45 – 5:45																
Kick Boxercise MP Room 5:00 – 6:00		Kick Boxercise MP Room 5:00 – 6:00	Chisel MP Room 5:00 – 5:50																
Hatha Yoga U155 5:00 – 6:30		Hatha Yoga U155 5:00 – 6:30																	
<b>Evening</b>	All Terrain U159 6:00 – 6:55	Hottie Body MP Room 6:00 – 6:50	All Terrain U159 6:00 – 6:55	Bellyfit U159 6:00 – 6:50															
	Kick Boxing MP Room 6:05 – 7:05	Latin Cardio Rhythms U159 6:00 – 7:00	Kick Boxing MP Room 6:05 – 7:05	Hip Hop Jazz – Level 1 U155 6:00 – 6:50															
	Pilates – All Levels U155 6:40 – 7:40	Hatha Yoga U155 6:00 – 7:15	Pilates – Level 1 U155 6:40 – 7:40	Kickboxing – Level 2 MP Room 6:00 – 7:15															
	Power Performance Bookable/Track 7:00 – 8:00	Absolution MP Room 7:00 – 7:30	TRX Factor Bookable Weight Room 7:00 – 8:00	Flirty Fitness U159 7:00 – 7:50															
	Afri-funk Fusion U159 7:05 – 8:05	Fundamentals of Functional Weightlifting Bookable Weight Room 7:00 – 8:00	BootCamp U159 7:05 – 8:05	TRX Factor Bookable Weight Room 7:00 – 8:00	Tango Argentino – Tango Milongo U155 7:00 – 7:55														
	BootCamp MP Room 7:15 – 8:15	SpinStrong U159 7:15 – 8:15	Ballroom BootCamp* MP Room 7:15 – 8:30	Power Yoga U155 7:00 – 8:15	<p><b>Legend</b></p> <p><span style="border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Fitness Centre (Registration or drop-in passes)</p> <p><span style="background-color: #4a7ebb; display: inline-block; width: 20px; height: 10px;"></span> Instructional Class (Registration only - no drop-in passes)</p> <p>• Class schedules and instructors are subject to change. (For the most up-to-date information, check the Winter Fitness Schedule online at <a href="http://mtroyal.ca/recreation">mtroyal.ca/recreation</a>.)</p> <p>• Revised January 20, 2010. * Please check registration dates.</p>														
		Yoga Core Fusion U155 7:30 – 8:30	Hot! Latin Dance* MP Room 7:15 – 8:30	Beat Box MP Room 7:30 – 8:20															
				SpinStrong U159 8:00 – 9:00															
		Deep H <sub>2</sub> O Workout Pool 8:00 – 9:00	Tai Chi with Dharma Chi U155 7:50 – 8:50	Deep H <sub>2</sub> O Workout Pool 8:00 – 9:00				Tango Argentino – Intro U155 8:05 – 9:00											
		Salsa Dancing – Intro U155 8:45 – 9:45	Belly Dance U159 8:15 – 9:15	Ballet for Adults U155 8:30 – 9:45															
		Hittin' it Old School U159 8:50 – 9:45	Hottie Body MP Room 8:45 – 9:30																