





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
morning	Beach Body BootCamp Lana A. – MP Room 6:30 – 7:30	TRX Factor Jenn S. – Bookable 6:30 – 7:30	Beach Body BootCamp Lana A. – MP Room 6:30 – 7:30	Rise 'n' Ride Dawn W. / TBA. – U159 6:30 – 7:15			
	Hatha Yoga Peggy M. – U155 7:20 – 8:20	Core Pilates Caroline B. – U155 7:30 – 8:20	Hatha Yoga Peggy M. – U155 7:20 – 8:30	Focused Pilates Caroline B. – U155 7:30 – 8:20		Variety Pack Lori B. / Clarise L. – U159 9:00 – 9:50	
						Chisel Plus Patti F. / Laura N. – U155 9:45 – 11:00	
						Powerpace 'n' Core Lori B. / Lana A. – U159 10:00 – 10:55	
	TRX Factor Ryan Q. – Bookable 11:05 – 11:55		Yoga R'n'R Lake Z. – U155 11:05 – 11:55	Fire & Water Lake Z. – U155 11:05 – 11:55		Beach Body BootCamp Lori B. / Lana A. – U159 11:05 – 12:05	All Terrain – Extreme Clarise L. – U159 10:45 – 12:00
	Fusion Caroline B. – U155 11:05 – 11:55	Power BootCamp Clarise L. – MP Room 11:30 – 12:00		Gone in 60 Seconds Lana A. – MP Room 11:10 – 11:55		Absolution Patti F. / Laura N. – U155 11:55 – 11:45	Bellyfit Michelle W. – U155 11:00 – 12:00
noon	Cardio Explosion Lana A. – Track/MP Room 12:05 – 12:50	Hatha Yoga Sophie D. – U155 12:05 – 12:55	Strides & Strength Tara M. – Track 12:05 – 12:55	Powerpace 'n' Core Lana L. – U159 12:05 – 12:55	Hottie Body Lana A. – MP Room 12:05 – 12:55		
	Pilates – Level 1 Caroline B. – U155 12:05 – 12:55	Variety Pack Clarise L. – U159 12:10 – 12:55	Step it Up! Niki S. – MP Room 12:05 – 12:55	Hatha Yoga Peggy M. – U155 12:05 – 12:55	TRX Factor Ryan Q. – Bookable 12:05 – 12:55		
		Gone in 60 Seconds Emm K – MP Room 12:10 – 12:55	Yoga Core Fusion Jade C. – U159 12:05 – 12:55		Power Yoga Sophie D. – U159 12:05 – 12:55		
			Pilates – Level 1 Caroline B. – U155 12:05 – 12:55				
	You're Losin' it! Casey S. – MP Room 1:05 – 2:00	Tums 'n' Bums Dan L. – MP Room 1:05 – 1:55	You're Losin' it! Casey S. – Track 1:05 – 2:00	Tums 'n' Bums Dan L. – MP Room 1:05 – 1:55	Gear Up 'n' Gear Down Lana A. – U159 1:05 – 1:55		
Body Series (Abs) Alyssa B. – U155 1:15 – 1:45	Body Series (Butt/Legs) Alyssa B. – U159 1:15 – 1:45	Body Series (Shoulders/Arms) Caroline B. – U159 1:15 – 1:45	Body Series (Chest/Back) Dawn W. – U159 1:15 – 1:45				
after work	Deep H2O Workout Linda M. – Pool 4:45 – 5:45	You're Losin' it! Niki S. – MP Room 4:45 – 5:45	Deep H2O Workout Lannie A. – Pool 4:45 – 5:45	You're Losin' it! Niki S. – Track 4:45 – 5:45	<h2>Legend</h2>  Fitness Centre (Registration or drop-in passes)   Instructional Class (Registration only - no drop-in passes)  <ul style="list-style-type: none"> <li>• See back for registration and drop-in pass information.</li> <li>• Class schedules and instructors are subject to change. (For the most up-to-date information, check the Spring and Summer Fitness Schedule online at <a href="http://mtroyal.ca/recreation">mtroyal.ca/recreation</a>.)</li> <li>• Revised March 8, 2010.</li> </ul>		
	20/20/20! Patti F. – U159 4:50 – 5:50		20/20/20! Clarise L. – U159 4:50 – 5:50	Pace 'n' Race Isabel O. – U159/Track 4:45 – 5:45			
	Kick Boxercise Rob L. – MP Room 5:00 – 6:00		Kick Boxercise Rob L. – MP Room 5:00 – 6:00	Chisel Stephanie H. – MP Room 5:00 – 5:50			
	Hatha Yoga Holly B. – U155 5:00 – 6:30		Hatha Yoga Susan Q. – U155 5:00 – 6:30	Power Yoga Michael S. – U155 5:45 – 7:00			
	All Terrain Patti F. – U159 6:00 – 6:55	Hottie Body Lana A. – MP Room 6:00 – 6:50	All Terrain Dawn W. – U159 6:00 – 6:55	Bellyfit Stephanie H. – U159 6:00 – 6:50			
	Power Performance Ali L. – Bookable/Track 6:00 – 7:00	Zumba Charlie A. – U159 6:00 – 6:50	Kick Boxing Rob L. – MP Room 6:05 – 7:05	Kick Boxing – Level 2 Rob L. – MP Room 6:00 – 7:15			
	Kick Boxing Rob L. – MP Room 6:05 – 7:05	Yoga Core Fusion Michael S. – U155 6:15 – 7:15	Pilates – Level 1 Cheryl R. – U155 6:40 – 7:40	Flirty Fitness Kim D. – U159 7:00 – 8:00			
	Pilates – All Levels Caroline B. – U155 6:40 – 7:40	Absolution Lana A. – MP Room 7:00 – 7:30	TRX Factor Ryan Q. – Bookable 7:00 – 8:00	TRX Factor Alyssa B. – Bookable 7:00 – 8:00			
	Belly Dance Jennifer G. – U159 7:00 – 8:00	SpinStrong Casey S. – U159 7:00 – 8:00	Beach Body BootCamp Laura N. / Jane H. – U159 7:05 – 8:05	Release Curran W. – U155 7:10 – 8:25		Tango Argentino – Tango Milongo etc. Charles L. – U155 7:00 – 7:55	
	Beach Body BootCamp Bobby K. – MP Room 7:15 – 8:15	Salsa Dancing – Intro Charlie A. – U155 7:30 – 8:30	Hot Latin Dance Bernard M. – MP Room 7:15 – 8:30	Beach Body BootCamp Laura N. – MP Room 7:30 – 8:20			
Burlesque Trish Z. – U155 8:00 – 9:00	Beach Body BootCamp Jackie N. – MP Room 7:45 – 8:30	Tai Chi with Dharma Chi Kung Danny L. – U155 7:50 – 8:50	SpinStrong Clarise L. – U159 8:00 – 9:00	Tango Argentino – Intro Charles L. – U155 8:05 – 9:00			
Cardio Explosion Jennifer H. – Track/MP Room 8:30 – 9:15			Ballet for Adults Laura N. – U155 8:30 – 9:45				

Please turn the page for the *summer '10 fitness schedule!*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>morning</b>	Beach Body BootCamp Lana A. – U159 6:30 – 7:30			Rise 'n' Ride Dawn W. / TBA – U159 6:30 – 7:15			
<b>noon</b>	Pilates – Level 1 Caroline B. – U155 12:05 – 12:55	Variety Pack Niki B. – U159 12:05 – 12:55	Step it Up! Niki S. – U159 12:05 – 12:55	Hatha Yoga Peggy M. – U155 12:05 – 12:55	Hottie Body Lana A. – U159 12:05 – 12:55		
		Hatha Yoga Sophie D. – U155 12:05 – 12:55	Pilates – Level 1 Caroline B. – U155 12:05 – 12:55		Tums 'n' Bums TBA – U159 1:05 – 1:55		
<b>after work</b>			Deep H2O Workout Lannie A. – Pool 4:45 – 5:45	Chisel Stephanie H. – U159 5:00 – 5:50			
	20 20 20! Patti F. – U159 4:50 – 5:50		20 20 20! Clarise L. – U159 4:50 – 5:50	Outdoor BootCamp Emm K. – Track 5:30 – 6:30			
	Bellyfit Michelle W. – U155 5:30 – 6:30	Outdoor BootCamp TBA – Track 5:30 – 6:30	Hatha Yoga Susan Q. – U155 5:00 – 6:30	Power Yoga Michael S. – U155 5:45 – 7:00			
<b>evening</b>	All Terrain TBA. – U159 6:00 – 6:55	Zumba Charlie A. – U159 6:00 – 6:50	All Terrain Clarise L. – U159 6:00 – 6:55	Bellyfit Stephanie H. – U159 6:00 – 7:00			
		Hottie Body Lana A. – MP Room 6:15 – 7:15					
	Pilates – All Levels Caroline B. – U155 6:40 – 7:40	Yoga Core Fusion Michael S. – U155 6:15 – 7:15	Pilates – Level 1 Cheryl R. – U155 6:40 – 7:40				
	Burlesque Trish Z. – U159 7:05 – 8:05	SpinStrong Patti F. – U159 7:00 – 8:00	Beach Body BootCamp Laura N. – MP Room 6:45 – 7:45				
	Beach Body BootCamp TBA – MP Room 7:15 – 8:15	Absolution Lana A. – MP Room 7:30 – 8:00		Release Curran W. – U155 7:10 – 8:25			
	Cardio Explosion TBA – Track/MP Room 8:30 – 9:15		Hottie Body Clarise L. – MP Room 8:00 – 9:00		SpinStrong Clarise L. – U159 7:15 – 8:15		

## Legend

-  Fitness Centre  
(Registration or drop-in passes)
-  Instructional Class  
(Registration only - no drop-in passes)

- See below for registration and drop-in pass information.
- Class schedules and instructors are subject to change.  
(For the most up-to-date information, check the Spring and Summer Fitness Schedule online at [mtroyal.ca/recreation](http://mtroyal.ca/recreation).)
- Revised March 8, 2010.

## REGISTRATION NOTES

- No classes on May 22–24, July 1 and July 31–Aug 2.
- Mount Royal Recreation reserves the right to cancel classes due to low registration.
- Registration in one class is non-transferable to another class (e.g. make up classes are not allowed).
- Registered participant spots are only guaranteed until class start time.

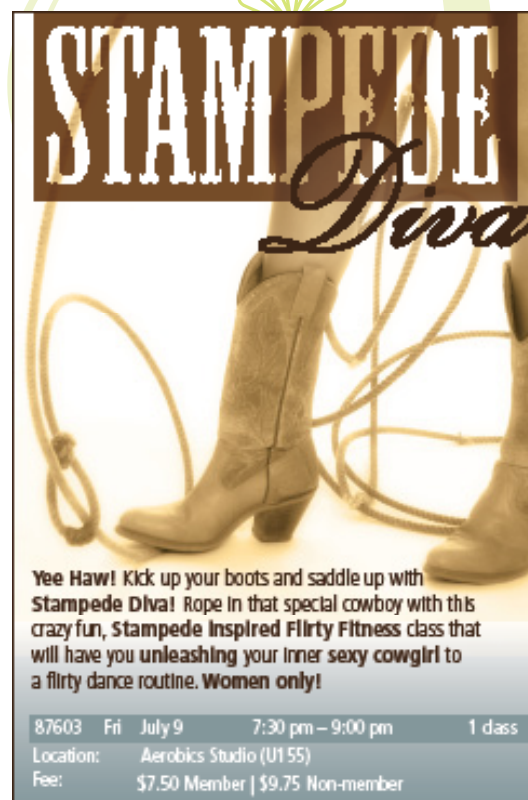
## DROP-IN PASSES

If your schedule is unpredictable, try our drop-in passes. Get your passes early to avoid line-ups!

	Single	Five Pack	Twelve Pack
Member	\$ 6.00	28.75	63.00
Non-member	\$ -	40.25	88.00

## NOTE:

- Some classes may fill – registered participants will be given first priority.
- All drop-in passes are non-refundable.
- Drop-in passes are non-transferable between individuals.
- Drop-in passes are non-transferable between semesters.
- \$10 admin fee for all lost passes



**STAMPEDE**  
*Divas*

**Yee Haw! Kick up your boots and saddle up with Stampede Diva! Rope in that special cowboy with this crazy fun, Stampede Inspired Flirty Fitness class that will have you unleashing your inner sexy cowgirl to a flirty dance routine. Women only!**

87603 Fri July 9 7:30 pm – 9:00 pm 1 class  
Location: Aerobics Studio (U155)  
Fee: \$7.50 Member | \$9.75 Non-member