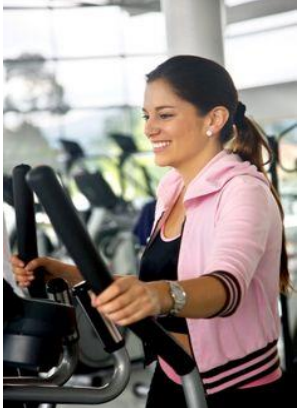



# She's FIT!

LANGLEY

## GROUP TRAINING AND INSTRUCTION SCHEDULE

Fall 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Interval Training 8:30 AM				
Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM	Speed Zone 9:00 AM		
Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM	Stretch & Core 9:30 AM		
						
	Speed Zone 5:00 PM		Speed Zone 5:00 PM			
	Stretch & Core 5:30 PM		Stretch & Core 5:30 PM	<p><b>CLUB HOURS</b>            Monday - Thursday 6:00 am - 9:00 pm            Friday 6:00 am - 8:00 pm            Saturday 8:00 am - 4:00 pm            Sunday 8:00 am - 1:00 pm</p> <p>For more information call 604-532-9910 or visit our website:  <a href="http://www.shesfit.com">www.shesfit.com</a></p>		
Speed Zone 6:30 PM	Interval Training 6:00 PM	Speed Zone 6:30 PM	Interval Training 6:00 PM			
Stretch & Core 7:00 PM	Stretch & Core 7:00 PM	Stretch & Core 7:00 PM	Stretch & Core 7:00 PM			

# She's FIT!

**"IN WITH ENCOURAGEMENT -  
OUT WITH JUDGEMENTS"**

**Exercise Floor – Please meet your Instructor at the Front Desk**

All sessions are done in a group setting; they are 30-45 minutes in duration.