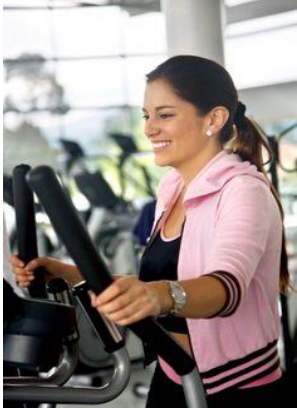



She's FIT!

NORTH DELTA

GROUP TRAINING AND INSTRUCTION SCHEDULE

Fall 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Training 8:30 AM	Speed Zone 7:30 AM					
Speed Zone 9:15 AM	Interval Training 9:00 AM	Interval Training 9:00 AM		Speed Zone 9:00 AM		
Stretch & Core 10:00 AM	Stretch & Core 10:00 AM	Stretch & Core 10:00 AM	Stretch & Core 10:00 AM	Stretch & Core 10:00 AM		
						
		Speed Zone 5:00 PM	Speed Zone 5:00 PM	CLUB HOURS 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		
Stretch & Core 6:00 PM	Stretch & Core 6:00 PM	Stretch & Core 6:00 PM	Interval Training 6:00 PM	For more information call 604-590-0686 or visit our website: www.shesfit.com		
			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.