

# Lifestyle Group Fitness Program

Effective February 4, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10— 6:25AM	<b>ALL ABS!</b> <b>Workout</b> Michelle		<b>ALL ABS!</b> <b>Workout</b> Michelle		<b>ALL ABS!</b> <b>Workout</b> Kathy
6:30— 7:30AM	<b>HATHA YOGA</b> <b>All Levels</b> Diana	<b>BOOT CAMP</b> <b>Circuit Challenge</b> Luiz	<b>Core-YOGA</b> <b>Fusion</b> Diana	<b>BOOT CAMP</b> <b>Circuit Challenge</b> Dan	<b>HATHA YOGA</b> <b>All levels</b> Diana
6:30— 7:30AM <i>Cardio Gym</i>	<b>POWER PACE</b> <b>SPINNING</b> Michelle		<b>POWER PACE</b> <b>SPINNING</b> Rhea		<b>POWER PACE</b> <b>SPINNING</b> Kathy
11:45AM— 12:30PM	<b>A.B.T. WORKOUT</b> Hector		<b>BOOT CAMP</b> <b>Circuit Challenge</b> Brano		<b>PILATES/YOGA</b> <b>FUSION</b> Hector
12:10— 1:00PM		<b>PILATES/YOGA</b> <b>FUSION</b> Daniel		<b>BOOT CAMP</b> <b>Circuit Challenge</b> Dan	
12:10— 1:00PM <i>Cardio Gym</i>	<b>POWER PACE</b> <b>SPINNING</b> Brano	<b>POWER PACE</b> <b>SPINNING</b> Hector	<i>New!</i> <b>BIG GEAR</b> <b>INTERVALS SPINNING</b> Danielle	<b>POWER PACE</b> <b>SPINNING</b> Hector	<b>POWER PACE</b> <b>SPINNING</b> Dan
12:30— 1:15PM	<b>BODY BLAST</b> <b>Core &amp; Abs Workout</b> Hector		12:30—1:00PM <b>INTERVAL</b> <b>Sculpt 'n Tone</b>		<b>INTERVAL</b> <b>Sculpt 'n Tone</b> Hector
1:05— 2:00PM		<b>BOOT CAMP</b> <b>Circuit Challenge</b> Brano	<i>New!</i> 1:00—1:15PM <b>Carve it up: 15 min. of</b> <b>Abs &amp; Core</b>	<b>PILATES/YOGA</b> <b>Fusion</b> Hector	
1:15— 2:15PM	<b>FLOW YOGA</b> <b>All levels</b> Dan		<b>POWER YOGA</b> <b>All levels</b> Audrey		<b>POWER YOGA</b> <b>All levels</b> Audrey
4:30— 5:30PM	<b>FLOW YOGA</b> <b>All levels</b> Audrey	<b>INTERVAL</b> <b>Sculpt 'n Tone</b> Debbi	20/10 Circuit Hector  4:45—5:30PM <b>Strong Core with</b> <b>Spinning Warm-Up</b> Dan	<b>BOOT CAMP</b> <b>Circuit Challenge</b> Debbi	5:00—6:00PM <b>FLOW YOGA</b> <b>All Levels</b> Dan
5:30— 6:30 PM	<b>BOOT CAMP</b> <b>Circuit Challenge</b> Audrey	<i>New!</i> <b>YIN YOGA</b> <b>for Deep Opening</b> Dan	<b>HATHA YOGA</b> Dan	<b>HATH YOGA</b> Dan	
5:30— 6:30 PM <i>Cardio Gym</i>	<b>SPIN INTERVAL</b> Hector		<b>POWER PACE</b> <b>SPINNING</b> Sheldon		

[www.BentallCentreAthleticClub.com](http://www.BentallCentreAthleticClub.com)

Four Bentall Centre, 1055 Dunsmuir, Lower Plaza, Van., BC V7X 1L3 Tel. 604.689.4424